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GOOD THOUGHT,      GOOD WORD,  
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## NEW YEAR'S CARROL.

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Years are coming, years are going,  
Kingdoms fall and pass away;  
While man's humble understanding  
Unto Peace gives Right of Way.

In the tumult of war's routing  
Captains and great kings depart;  
While God's Banner Peace is waving  
Unto every humble heart.

Though the nations, drunk with power,  
Wildly boast of beastly strength,  
God alone through Peace shall conquer,  
All this world in breadth and length.

All discordant sounds of canons  
And all rank battle array  
To the songs from heavenly canyons,  
Bringing Peace, must give away.

"Glory be to God, the Highest,  
Peace on earth; Good will to man!"  
Such the call of small or mightiest,  
Who the old have turned to new.

Greed and meanness shall forever  
Banished be from God's new earth,  
And the hearts of man forever  
Charge the air with Peace-thought waves.



# SERMONETTES

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**H**APPY NEW YEAR to you and your kinship!

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**R**EJOICE! For "the old has passed away and I shall make all things New!"

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**W**E HAVE good reason to thank the Lord and His Stars for having been spared from sudden surprises, and now that we know of the inevitable awaiting us in the near future we can meet it well prepared.

---

**E**VEN though with the advance of the seasons the general conditions may grow more serious, we shall rest in Peace under the protecting wings of the Almighty and as the Saints of God enjoy His leading, for "I shall counsel thee and point out the way to thee wherein thou shalt walk."

---

**W**ARS are the last resort of the Spirit of the times to remind us, that "westward points the way of civilization," while poverty and revolts prove that aggressiveness is contrary to Nature's laws.



**O**FTTIMES a whole Nation has to pass through a cloud just to bring out the great attributes of an individual and create heroes.

---

**T**AKE it from Abraham, if you can't take your lesson any other way, "take what thou hast and go unto a Land that I shall show thee."

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**H**ANGING around Mother's apron strings creates Jacobs who at last are given to schemes that would rob Esau of his birthright. Have Jacob go to—Laban to learn his lesson that "what man soweth that he shall reap."

---

**A**S a man thinketh in his heart so is he—grows upon the thinking man when making a survey of the civilized situation, considering ontologically the cause and effects of things.

---

**A**PIONEER at the frontiers is by far more useful than a statesman at home, although the latter seems to reap laurels while he lasts.

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**"D**ARE to be a Daniel" not only in word and music, but brave enough to "refuse the meat and wine of a king."



## SEASON HINTS

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**W**INTER has come upon us with its bloom of pure-white snow in the North and fragrance laden orange blossoms in the South, while the snappy ozone-laden air stirs man's blood to vigorous activity.

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**D**ON'T be chewing your finger-nails saying what you would do if you had this and that, and in idle fancies waste your life away, while you may as well be creating this and that.

---

**T**HE First Step to take toward eradicating disease is not to assist nature but to cease aggravating her that she may adjust herself. Stop imposing food on the digestive organs. Use eliminators; then purgatives; thereafter cold-packs, alternated with hot baths, petrolatum rubs, air baths and some more fresh tropical fruit juices to increase elimination, and lastly observe a scientific diet, allowing food in small rations, where eighty per cent thereof are sun-cooked, solarized, sun-kissed and electronized dishes; the rest may be germinized—stewed or baked in its own juice.

**C**EASE to talk of disease for it makes dis-ease; think before you speak and know that—from an impure heart only impure thoughts do flow.

---

**E**VERY Season has something of its own to offer as a panacea and cure from ailments, whatever the cause.

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**M**EMBRANOUS Troubles, whether due to colds or the overloading of the stomach with improper fermented foods, starch poisons, or medicines, are best conquered by taking the Eucalyptus treatment, which consists of taking every three to six hours, according to the severity of the case, in a wineglassful of hot water five drops of Australian Oil of Eucalyptus for the first dose; six drops for the second; thereafter seven, eight and nine drops; then decreasing to eight, seven, six, five. Start over again if needs be. Use mild cathartics every other night or eliminating fruit juices and correct your menus.

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**N**OW that avacados, persimmons and pomegranates are about exhausted, oranges, grape-fruits and pineapples begin to take their place and used in judiciously moderate quantities will keep the system charged with electrons sufficiently to chemicalize the blood for a healthy circulation, upon which an active mind depends for its sustenance.



**G**RAPEFRUIT, the meat and juice thereof, should be taken in the morning with any uncooked cereals; for lunch there should be a celery salad and a slice of toast; for dinner have an artichoke, a baked potato and steamed barley.

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**T**HOSE who care not for vegetable salads for lunch should take oranges, rice cakes and a cup of cocoa. For dinner, apples and bananas with fresh popcorn will prove an ideal food.

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**M**OST of us still eat more than their share and too much time is spent in scouring pots and washing dishes. "The kingdom of God does not consist of mere eating and drinking", which means that the least time should be taken for food preparing. With the advantages civilization wrought, we need no longer slave. In fact that is what civilization is meant for, the banishment of drudgery. The hours of the housewife must not exceed the hours of the man in an office, in fact they should be less that she may have time to study Eugenics and Domestic Science.

---

**F**OOD should be prepared by members of the household and not hired help. It will not only make a decided difference in the health of the family, but many economic and social problems will near their solution.

**O**NCE a week at least "garlic on hot toast" should be the dish, for it keeps the blood in tune and wards off colds.

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**V**ERMOUTH and sage tea, or as cordials, are in order and should be used in thimbleful doses in the morning, on an empty stomach.

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**H**OT peppers, paprika, all-spice, cloves and mace are in order and marjoram, thyme and sage in place. Use only dashes of them and you will keep in good health.

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**M**AKE it a point to see on how little selection you can live and how many different dishes you can create out of just a few things at your command, like flour, barley, rice, rolled oats, potatoes, onions, celery, parsley, beets, carrots, turnips, dried apples, prunes, apricots, oil and butter.

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**B**ESIDES many tropical fruits flooding the market at this season, there are many varieties of apples which are of good service. We do not favor dried fruits unless fresh ones are too high priced or poor in selection. Dried fruits should not be steamed unless they have first been soaked in cider, claret or chianti for several hours and steamed over a slow fire.

# General Rules on Eats for Health.

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**I**RRESPECTIVE of basic principle and the twofold inclinations, whether intellectual, spiritual or physical; mental, psychic or material; whether of the tropics, the temperate or the arctic zone, remember, that first of all, to become well and to keep well, we must consider the seasons and make up our dishes in accordance to the products of the clime in which we live.

*The intellectually based* must have more fruits than vegetables; he thrives best on a greater selection of tropical fruits which, according to climatic conditions, must be counter-balanced with northern grains, particularly wheat and oats. Blanched almonds and pine nuts are required to keep up the spryness of limbs.

*The spiritually based* thrives best on evenly balanced foods selected from fruits and vegetables, adding dairy foods in season to balance up the inclinations. Large quantities of salads prove most effective, while tubers must be baked and other vegetables steamed in their own juices if complications are to be avoided. Butternuts, pecans and hazel nuts should be used sparingly.



*The physically based* needs fruits with cereals in the morning, while at lunch a small salad, an egg, mushrooms in season, fresh bread, will meet the requirements. For dinner there should be stew or boullion, consomme, puree or any kind of oil soup, with baked and fried vegetables and some suitable drink.

### THE GENERAL RULE TO ALL

is the following rule which will serve as a good guide and should be modified according to circumstances and requirements.

### BREAKFAST

(Two to three hours after rising and ablutions; remember that as long as there has been no alvine call it will be best to attend to that and not allow any food to enter the stomach until nature has responded, as an alvine call after the meal shows paralysis of the sphincter and such a condition will lead to untold troubles. Correct the error *now*.) Select two or three diverse fruits, sliced, grated or cubed:

Apple	Banana	Apricot
Peaches	Pears	Piums
Avacado	Mango	Nectarines
Orange	Grapefruit	Grapes
Persimmons	Pineapple	Pomegranate
	Loquads	

Take one or more heaping spoonfuls of slightly toasted rolled oats, wheat, bran, corn

or rice, with or without cream. Taken dry and without the cream, the effect upon the digestion is better.

Those who must have coffee should use the very best drip coffee and pour the coffee over the cream, if cream is used. Do not use any sugar or milk in the coffee. Children should have milk or a mild cocoa-shell drink or cocoa with cream, made into a paste and enough boiling water poured over it to make it a very light drink. Roasted barley, wheat, acorns, dandelion root, used alternately, will be better than any other kind of drink, as these will be a food as well as drinks.

## LUNCH

Lunch should be as light as one's breakfast and may consist of some fruit, although a salad of lettuce and celery will fill the bill; or lettuce and tomatoes; lettuce with sliced onions and radishes; lettuce with cucumbers and water-cress; sliced cabbage and onions or any other salad the market may afford.

A few slices of toast, a triscuit, pilot bread or any roll, muffin, and so on, free from yeast, carbon, sour dough and fermentives, which create yeast germs.

A glass of milk, cocoa or barley tea for drink.

## DINNER

should be the principle meal. It is well to arrange one's toilette first; change stockings and be in your best attire before eating.

A raw salad should be served, made of grated tubers such as beets, turnips, onions, carrots, parsnips, taro, seasoned with diverse aromatics or prepared with a mayonnaise or French dressing.

The second dish should consist of peppers stuffed with fillings made according to taste and be served with baked potato or chilled barley, rice or dumplings. Instead of peppers, one may serve croquettes, made very light; pay more attention to palatable browned flour and tomato sauces.

The third dish may be a steamed dish or a stew made of vegetables, like cauliflower, fœnucky, celery, kale, spinach, parsnips.

Sun-baked tortillas, pilot bread, Oriental bread or cereals can be used.

There should be no drinks served with this meal. At least once a week six grains of charcoal should be taken after the dinner.

A cup of herb tea before retiring may serve a good term.

Above all things do not allow any inconvenience to continue but always nip the trouble in the bud. If not absolutely normal it is best to abstain from food all day; but keep busy, then take a hot bath and have your meal. Keeping this up for a week will disclose your weak points and nature will start adjusting itself. In this way we discover that we are not here to live for appetites but to gain ground in carrying out the designs of God.



# The Last Will to His Nation

By Peter the Great in 1725

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THE Russian nation must be constantly on a war footing, to keep the soldiers warlike and in good condition. No rest must be allowed, except for the purpose of relieving the state finances, recruiting the army or bidding the favourable moment of attack. By these means Peace is made subservient to war and war to Peace, in the interest of aggrandizement and increasing the prosperity for Russia.

No opportunity must be lost of taking part in the affairs and disputes of Europe, especially those of *Germany*, which, from its vicinity, is one of the most direct interests to us.

We must keep steadily extending our frontiers—northwards along the Baltic and southward along the shores of the Black Sea.

We must progress as much as possible in the direction of Constantinople and India. He who can get possession of these places is *the real ruler of the world*. With this view we must provoke constant quarrels, at one time with Turkey and at another with Persia. We must establish wharves and docks in the Euxine and by degrees make ourselves masters of the sea as well as of the Baltic, which is a doubly important element in the success of our

plan. We must hasten the downfall of Persia, push on into the Persian gulf and, if possible, re-establish the ancient commercial intercourse with the Levant through Syria and force our way into the Indies, which are the store-houses of the world. *Once there we can dispense with English gold.* Moreover, we must take pains to establish and maintain an intimate union with Austria, apparently countenancing her schemes for future aggrandizement in *Germany* and all the while secretly rousing the jealousy of the minor states against her. By this way we must bring it to pass that one or the other party shall seek *aid* from Russia and thus we shall exercise a sort of protectorate over the country, *which will pave the way for future supremacy.*

We must *make* the House of Austria *interested* in the expulsion of the Turks from Europe and we must *neutralize* its jealousy at the capture of Constantinople, either by pre-occupying it with a war with the old European States or by allowing it a share of the spoil, which we can afterward resume at our leisure.

We must collect round our house, as round a center, all the detached sections of Greeks, which are scattered abroad in Hungary, Turkey and South Poland. We must make them look to us for support and then, by establishing beforehand a sort of ecclestical supremacy, we shall pave the way for Universal Sovereignty. When *Sweden* is ours, Persia vanished, Poland

subjugated, Turkey conquered, when our armies are united and the Euxine and Baltic are in the possession of our ships, then we must make secret and separate overtures first to the Court of Versailles and then to that of Vienna, to share with them the dominion of the world. If either of them accept our proposition, which is certain if their ambition and self-interest are properly worked upon, we must make use of one to annihilate the other; this done we have only to destroy the remaining one by finding a pretext for a quarrel, the issue of which cannot be doubtful as Russia will then be already in possession of the East and of the *best part of Europe*.

Should the improbable case happen, of both rejecting the proposition of Russia, then our policy will be to set one against the other and make them tear each other to pieces. Russia must then watch for and seize the favourable moment and pour her already assembled hosts into Germany while two immense fleets laden with asiatic hordes and convoyed by the armed squadrons of the Euxine and the Baltic, set sail simultaneously from the Sea of Azoff and the harbor of Archangel; sweeping along the Mediterranean around the Atlantic, they will overrun France on the one side while Germany is overpowered on the other. When these countries are finally conquered the rest of Europe must fall easily and without a struggle under our yokes. Thus is Europe subjugated.



# A Last Vision of the World

By Count Tolstoi in 1910

---

I SEE floating upon the surface of the sea of human fate the huge silhouette of a nude woman; her name is: "Commercialism." Destruction and agony follows in her wake. Her breath, reeking of sordid transactions, her voice of metallic character like gold and her look of greed are so much poison to the nations who fall victims to her charms. And behold, she has three gigantic arms with three torches of universal corruption in her hand.

*The first torch represents the flame of war, that the beautiful courtesan carries from city to city and country to country. Patriotism answers with flashes of honest flame, but the end is roar of guns and musketry.*

*The second torch bears the flame of bigotry and hypocrisy. It lights the lamps only in temples and on the altars of sacred institutions. It carries the seed of falsity and fanaticism. It kindles the minds that are still in the cradles and follows them to their graves.*

*The third torch is that of the law, that dangerous foundation of all unauthentic traditions which first does its fatal work in the family, then sweeps through the larger worlds of literature, art and statesmanship.*

The great conflagration will start about 1912,

set by the torch of the first arm in the countries of Southeastern Europe. It will develop into a destructive calamity in 1914. In that year I see all Europe in flames and bleeding. I hear the lamentations of huge battle-fields.

But about, or previous to the year 1915 a strange figure from the North—a new Napoleon—enters the stage of the bloody drama. He is a man of little militaristic training but in his grip most of Europe will remain until 1925. The end of the great calamity will mark a new political era for the Old World. There will be left *no empires and kingdoms*, but the world will form a Federation of the United States of Nations. There will remain only four great giants—the *Anglo-Saxons, the Latins, the Slavs and the Mongolians*. After the year 1925 I see a change in religious sentiments. The second torch of the courtesan has brought about the fall of the church. The ethical idea has almost vanished. *Humanity is without the moral feeling*. But then a great reformer arises. He will clear the world of the *relics* of monotheism and lay the cornerstone of the temple of pantheism. God, soul, spirit and immortality will be molten in a new furnace and I see the peaceful beginning of an ethical era. The man determined to this mission is a Mongolian Slav. *He is already walking the earth*—a man of active affairs. He himself does not now realize the mission assigned to him by a superior power.

And behold the flame of the third torch, which has already begun to destroy our family relations, our standards of art and morals. The relation between woman and man is accepted as a prosaic partnership of the sexes. Art has become realistic degeneracy. Political and Religious disturbances have shaken the spiritual foundations of all nations. *Only small spots here and there have remained untouched* by those three destructive flames.

The *anti-national wars* in Europe, the *class war* of America and the *race wars* in Asia have strangled progress for half a century.

But then, in the middle of this century, I see a hero of literature and art rising from the ranks of the *Latins* and purging the world of the tedious stuff of the obvious. It is the light of *Symbolism* that shall outshine the torch of *Commercialism*.

In place of the polygamy and monogamy of today, there will come a *poetogamy*—a relation of the sexes based fundamentally upon poetic conceptions of life.

And I see the nations growing wiser and realizing that the alluring woman of their destinies is after all nothing but an allusion.

There will be a time when the world will have *no use for Armies, Hypocritical Religions and Degenerate Art*.

Life is evolution and evolution is development from the simple to the more complicated forms of the mind and the body.



I see the passing show of the world-drama in its present form, how it fades like the glow of evening upon the mountains. One motion of the Hand of Commercialism and a new history begins.

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## **A Fragment From The Oracle of 1914**

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IN the "Oracle of Nineteen Fourteen", published in the February issue of last year, we have given a synopsis only. The complete Oracle has been entrusted to the Associates by word of counsel. On New Year's Day it was declared from the Temple platform that because of the atrocities and the terror of a general conflict among European Nations nothing is to be made public, neither the fact that the conflict of the anticipated two years' duration will extend over a period far beyond diplomatic calculations. If the fact was generally known it would stagnate all business operations, even in our country. "Talk happiness" is the counsel.

### **PART OF SYNOPSIS.**

UNITED STATES: A broadening diplomacy will pave its way to the Seat of Government, assuring not only the up-keep of the peaceful relations with the Powers, but furthermore succeed in creating reciprocity and broader relations with our near neighbors, warding off all hasty measures, although at times our

Executive will feel called upon to take steps of a threatening nature, the measure thereof always culminating in the desired effect.

Great Britain will see many of its problems solved and its diplomatic schemes realized.

France will again pass a crisis induced by international eruptions of a diplomatic state, in which the undercurrent of Loyola will play its part in occult art.

Belgium, Luxemburg and Holland will be made spectators in the world's great drama.

Austria will share the visitations and drape the Imperial House into mourning.

Germany: The Imperial household will pass through many humiliating episodes, while the political situation will keep up the tension of the nation, leaving the brain-storms to their fate.

The Balkan question will remain an open one and keep all diplomatic circles in a state of constant activity.

The Russian Eagle will continue to spread his wings and carry his power through the Asiatic country, assuring unto himself an honored position.

Japan will feel Heaven's chastisements heavily and experience humiliation.

In China the severed dragon-head of Imperialism will seek to assert himself with the rise of new political parties, threaten the peacefulness of democratic tactics and seek support from Russia and Great Britain.

# From the Tree of Life

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WHY do our institutions so strenuously object to the spreading of eugenics and bar the sex question from public discussion?

Because our Political Christianity fears progress and with it the end of ignorance. Its desire is to give the foreign element full sway and choke the American Spirit of Liberty which points toward its development into a Savior Nation.

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As the powers of ignorance lose ground in Europe they must seek new quarters and naturally with the course of the Sun, take to the Western shores where they can cast the shadows of their darkness upon a continent entering its realm of innocent repose. But the Lord says: "I shall not leave thee, neither shall I neglect thee!" Thus *America* will use its inventive spirit to outwit darkness at last; but there will certainly be some struggle—even as great a struggle as in Europe, which has been inaugurated through identically that same source as Political Christianity.

---

ARE we, as Americans, to allow ourselves to be dictated to and our educational systems run by the foreign element?

Indeed not. We must use the evangelical spirit that prompted George Washington to rise and in our hearts realize the guiding

spirit of Christ. Thinking good thought, speaking good thought and doing the works of good thought and words, such deeds will counteract the evil-spreading doctrines of Political Christianity or Anti-Christ and our silent contempt will soon put its tactics to flight. Keep looking in front of you and "read as you walk."

---

WHAT must my thought be as to the conditions of the world today?

Your thought and my thought must be charged with the electrons of heavenly splendor, viewing in the rising and setting of the Sun the Emblem of Life and Life Eternal, disclosing the purpose of its being through an activity that calls from the bosom of the heart all the splendor of growth, utility and profit. The obnoxious is to be given not a single thought while through the furrows of life passes the cultivator of good thought—not for the sake of the weeds but the loosening of the ground that the good plant may assert itself—the weed will come under the wheels anyway.

---

REMEMBER the words of the Blessed Omar:  
Waste not thy life in letters of dispute;  
Argument is death to the voice of truth;  
Of creeds and of beliefs debate with none—  
It widens out the breach unto defeat.



WILL ideas I entertain in my heart have a bearing upon myself and those around me?

They will indeed! Not only will such ideas be carried upon the waves of ether, reflecting upon the hearts sensitive to thoughtwaves, but ideas impress the brain cells to an extent of moulding the character of the ever sensitive being and while the good thought needs cultivation to grow, the evil thought takes root without any care, according to the laws of correspondences in nature.

WHY does the evil thought require no cultivation for its growth and furtherance?

Because the *evil* thought is not creative—it is destructive. Good thought is creative and needs cultivation for its promotion.

WHAT is the real cause to all the social eruptions in the world?

The spirit of commercialism, breeding envy, malice, hypocrisy, jealousy, extravagance and all the evils of the flesh and the devil.

ARE we not progressing in the general sense?

Nay, nay; only individuals are progressing more readily than ever in the history of the world. The Light of Reason and Wisdom throws gigantic floods of understanding into the paths of life pointing out progress, but, in the words of Count Tolstoi: "The anti-national wars in Europe, the *class war* of America and the *race wars* of Asia have strangled progress for half a century."

AND what is the ultimate of all this degeneracy that would forbid and cast into iron chains the thought promoted by unselfish minds for the liberation of the people blinded into diabolical subjection?

The ultimate is near at hand and we need not falter or faint but heroically look forward to the victory of the Spirit of the times or, as Count Tolstoi says: "The world-drama in its present form fades like the glow of evening upon the mountain. One motion of the hand of commercialism—and *a new history begins.*"

NOT only reading but studying and comparing the "Last Will to His Nation, by Peter the Great in 1725" with the policy pursued and the diplomatic chaos of the European nations with their many blunders, so apparent of late, will reveal to the studious mind the outcome of things.

POLITICAL Christianity is a failure because the ecclesiastical Christianity or churchianity has its hands in politics rather than that of minding its own, which should be the furtherance of education beyond the schools. The church should engage in postgraduate courses of a nature beyond the academic institutions and thus nurse the interest and study of natural and universal laws so needful in the promotion of universal intelligence unto progress and perfection.

# The Philosophy of Life

---

**W**HILE with the change of the seasons the change in vegetation becomes more pronounced, humanity too has its seasons which manifest in as four-fold a nature as our years. As a people we are going through the season of PEACE which surpasseth all understanding of man and blessings upon blessings are showered upon us until the Thought of Peace is lost sight of and we enter the season of PROSPERITY to which we attract all our desires to such an extent that commercialism begins to mark our ways. We want more and with it we enter the season of WASTE which breeds dissatisfaction owing to the impositions played upon nature and nature's Laws. With the culmination of WASTE, we invite all the deteriorating and disintegrating tendencies that call out criticism until we no longer have a true knowledge of cause and effect and, losing our good reason, enter the season of WAR.

Through war and warfare destruction comes upon us as a thief by night, to rob us of all that we have created through generations.

Such are the ways of terra firma. And "as a man thinketh in his heart, so is he" and "what man soweth, that he shall reap." Still the better man is being quickened to a better realization than that of remaining governed

by earth-bound tendencies, he is slowly but surely awakening to the fact that "there it plenty and to spare" and that the slogan must be: "*Equal distribution of Labor.*"

Such shall lead to the solution of the ever perplexing problems of life; such shall point the way out of all dilemmas; such will reveal the individual problems and prompt man to use his talents.

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## The Six Hour Question

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THE question is being raised as to the advisability of a Six Hour Day. We welcome this idea as it is at least one step toward the right direction of realizing the import of nature's demand—*equal distribution of labor*. It will not solve all the problems but it will help solve one and with it assist in solving many more. Twenty years ago the Eight Hour Day was proper owing to the advance made in the mechanical world. The sixteen, fourteen, twelve and ten hour day had to become a thing of the past when drudgery was the lot of the uncultured class. Since then we have made great strides in the mechanical, industrial and commercial worlds, so much so that a continuation of an eight hour day would be equal to an upholding of the days of serfdom and slavery. If in the presence of all the inventions and methods of



industrial economics we keep the same hours it must invite leisure—too much leisure for another class, depriving it of the labor meted out by natural laws. It will create idlers not only among the laboring but also among the clerical class, which is apt to mistake the condition existing among the producers and take unfair advantage, breeding politics and intrigue. Cut down the hours of labor, not only to keep in place every able man but arrange matters so as to give the man of leisure an opportunity to add his rightful share to the wealth of all before he be permitted to retire or volunteer his services for the common good. Continue to talk *equal distribution of labor*.

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**“Be Happy and of Good Cheer.”**

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**Y**ES; just “be happy and of good cheer.” This old and yet ever new Mazdaznan greeting has won many friends and the meaningless “Howdy” is fast losing ground. The better class and the more intellectual minds are on the alert for things more in harmony with reason and good judgement.

“*Be happy and of good cheer*” carries great charms and brings solace to the troubled heart, courage and a new impetus to the mind.

We need to learn to “be happy even in the midst of misery”, the Master always says. Upon the question why **WE** should be happy in

the midst of misery he answered: "Because it takes no effort, no ingenuity, no special judgment and in fact it is no trick to be happy in the midst of happiness; even a half-witted person will fall readily with it; but "be happy in the midst of misery" takes men of character, determination, foresight, ingenuity, in fact all the traits and strength of perfect manhood."

How true, it reminds one of the words of our Savior: "Ye are *in* the world but not *of* it."

"*Be happy and of good cheer*" is but one of the many inspiring greetings the Little Master has brought us and taught us.

### **Dr. Hæckel a Sun Worshiper**

It must be quite a shock to Evolutionists, Gnostics, Free thinkers, Ingersollians, Higher Critics, Khayyamites and the many other forms of scientific schools confessed by the broad-minded, to learn that Dr. Hæckel, the world-renowned evolutionist, who is believed in by all schools, has turned a Sun Worshiper and an adherent to the teachings of Zoroaster. He says, among many more startling things: "The doctrine of Zoroaster is, in its purest form, the most noble, natural religion, based upon the worship for the creating and preserving elements of nature. We naturalists of today recognizing in the warmth and light of our sun righteously the original source of all the beautiful organic life on our earth, are nothing else but *Sun-Worshippers*."

# Solemnization

By Ambassador David Ammann

**M**ARRIAGE is one of nature's means unto attainments akin to perfection. In principle the thought of marriage is monistic, while in its application it takes the dual aspect and manifests as heart and intellect. In married life woman answers to the heart and man to the intellect. These principles also designate the attitude toward each other and the mutual relation to be established. Thought waves originate in the heart and with the course of life's pulsations, uniting with or resulting into the intellect, bring about amalgamation with the outer world unto realization of a nature conducive to progress and higher developments.

Woman is more strongly marked with the intuitive sense and, in thought, word and deed, relies upon such promptings, while the man is largely guided by the outer sense which prompts the intellect to determine all the problems of the daily walks and seeks to work out the incitations of the heart of the one in whom he finds the ideal. Such view point masters the solemnized state of poetogamy and leads unto higher perfection.

Woman possesses by nature certain refined gifts which she must guard and bestow upon

man judiciously so as to retain love and nurse the gifts of companionship of a Platonic nature.

Man is the executor of plans while woman designs the path to be pursued for the purpose of unfolding the bloom of Love blending with the Love of God.

In the bonds of matrimony, to seek any selfish ends—be they of a spiritual, material, social or any other nature will revenge itself through misunderstanding. A solemnized bond is that unto co-operation which remains indissoluble. Its law then is: "Respectful distance lends enchantment." Marriage is absolute and for this reason everything appertaining thereto must be considered beforehand to avoid any possible doubt or uncertainty. Having come to a perfect understanding, such agreement becomes a law superior to all law as the contract between two souls is the Will of the Lord whose Law is Holiness, Purity, Perfection.

Woman's duty is not to battle with the elements, neither to struggle in the whirlpool of the demands of time, but the scientific care of a home where the ingenuity of her heart and hands not only attend to the material wants but add the gifts of the spirit unto a paradise, where the altar of God stands out as a sanctuary, inspiring the home-coming and the out-going of a man whose talents must be replenished from day to day to supply the "bin and the can." The woman is thus the pries-



tess, counselor, teacher, exercising the hidden psychic powers of inspiration and sanctification, creating an impetus that showers the blessings of strength and power upon man whose task is to hold the fort and sustain it with untiring efforts. Keeping thus within the boundaries of nature's sacred laws, peace, joy and happiness will forever dwell in such a noble household. The bonds of love allow no egotism and any aims higher than what both can justly realize.

Through mutual toiling, prompted by good will, ready to make concessions, forgive and forget short-comings, resulting through unguarded movements where prenatal tendencies loom up, will assure harmony and happiness. Whatever the differences in tendencies and character may be—viewing them in the altruistic spirit of mutual love—their charms will be dispelled and felicity be the only state in the home.

Whenever differences do arise, such is only possible during days of temperamental discrepancies and then and there the Oracle should at once be consulted and the one to whom the word of decision has been awarded should be respected for the final. That ceremonial sacrament must be held sacred above all valuation, for Fate is destined by Providence, while Fire and Light severs the threads and imparts the knot in accordance to Design, free from favoritism.

## February

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O, Peaceful days that follow in the wake,  
Of joyous Christmas and the glad New Year;  
We now in solitude the gifts do take  
That Thou abundantly hast sent us here.

To count them over and to weigh  
The value of each precious gem;  
Then in our store-house hide away  
Till they adorn our diadem.

We have not sought or searched in vain  
But gathered golden crumbs of truth;  
We hasten, for each one's our gain  
And time doth fly as days of youth.

God give us strength to hear Thee and obey;  
To us grant knowledge, understanding too,  
That we may utilize these gifts today  
And by our wisdom strive, Thy Will to do.

We saw Truth's vivid light across the sky  
When rose the glowing sun from out the East,  
And from our soul's great depth a quiv'ring  
sigh,  
On morn'g breezes wafts to world sweet peace.

O, may that Word be carried far and near  
And with it joy, prosperity and love;  
We know that God is with us *now* and *here*,  
Our Heav'n on earth, and not far off above.

—*Lydia Hortense Florence.*

## SERMONETTES

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**W**HATEVER is—is best; just keep amoving and time will do the rest.

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**T**O know a great deal and accomplish but little surely is of no honor to us. Better know little and accomplish much, for from a little seed a big tree will grow.

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**T**HE old may not profit much by the study of Eugenics, still information on such topics will at least reveal the fault of the past and give an impetus for a better thought which must have its good effect upon the rising generation and make good the errors of the past.

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**M**AN has devised so many methods of education that it would seem impossible for any adverse condition to enter the thoughts of the studious; still, experience continues to reveal to us that "what the breed lacks cannot be imparted to it." But the desired ends may be obtained if the lack of *yesterday* be balanced by a thought of equalization *today*; then *tomorrow* may bring forth the long expected.

**L**ENT is coming upon us and with it the need of fasts of shorter and longer periods, according to needs, requirements and purpose.

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**I**F it takes faith to the size of a mustard seed to move mountains, then the faith of Political Christianity must be of a different size since it moves armies.

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**N**OT only *much* but everything depends upon man to usher in the era of Peace and the age of Golden Opportunities. In the hollow of our hands lies the destiny of our future.

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**G**OD moves in most mysterious ways His wonders to perform, but it is certain He does not meddle in human affairs for He is never consulted on matters appertaining to "man-made laws", whether of "this or that make."

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**T**HIS is the acceptable time, this is the day of salvation. Such are the words of the Savior and we are to apply them to the study of Eugenics that we may with more certainty look into the future, having the assurance of a brighter day.



## SEASON HINTS

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**O**N days of an *absolute fast* make it a point to chew rhubarb, sassafras and calamus in small quantities.

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**G**RAINS may be steamed but should be soaked in water for at least six hours previous to steaming.

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**S**AFFRON, mace, nutmeg and cinnamon should be taken in two ounces of hot, sweet milk. Quantity of spice: three dashes.

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**A**BSTAIN from steamed vegetables altogether. Use raw and baked dishes only. Dough-gods are in order. All Tree teas and coffee to be discarded.

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**D**URING Lent use on empty stomach for three days in succession, one kind of an herb or spice, followed by three days of another. Following are the herbs to be used: Sassafras, Dandelion root, Sarsaparilla root, Violet root or Orris, Vermouth, Sage, Marjoram, Thyme, Bitterroot, Boneset and Catnip. They should be taken dry and chewed slowly or may be taken with three swallows of hot water. The quantity to be used is one grain.

**F**IGS and raisins should be turned into a syrup if both are to be of medicinal value.

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**S**CAVENGERS, like peas, beans and lentils, are in order but care must be used in preparing them.

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**W**E do not favor eggs but concede their use as we concede the use of milk, butter and cheese.

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**C**HILDREN need dairy foods and in some cases, scientifically administered, dairy foods have medicinal value.

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**R**IPE, dried olives are good and of medicinal value, especially in small quantities before and larger quantities after a meal.

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**D**AIRY foods are high priced in cities and should be discarded. In fact discarding them altogether at this season will do us good and get the prices down some.

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**E**GGs could be readily discarded, especially where we have out-grown the idea of sponge cakes and maccaroons. Delicacies can be made without the use of yard and dairy products.

**S**WEET corn, thoroughly reboiled and strained and eaten with bran bread, will cure costiveness and tone the blood sufficiently to clear the complexion.

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**R**AW onions, the Silver King preferred, used with toast, will not only assure good repose but do much toward retaining a fair complexion.

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**T**HIS is the season for *Artichokes* for the tuning up of the nervous system and the charging of the blood with vitamins. To get good results parboil Artichoke for ten minutes. Pour off water and *steam* in a little water, adding a few drops of vinegar and a dash of salt. They usually get done in thirty to forty minutes according to size and age. One artichoke a day will suffice.

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**O**NE half grape fruit for breakfast with rolled wheat or oats will be enough at this lenten season.

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**W**HATEVER is used in the line of herbs or disinfectants, always remember that the homeopathic doses are most conducive to the restoration of health. In acute troubles only the doses are to be alopatically increased up to drastic measures, so as to break up a fever, excruciating pain, nervous headaches, colic, etc.

# The Woman of the Future

By Mother Frieda Ammann

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THAT woman is man's equal is by no means a new conception or the result of agitation. This is being conceded by both scientific and theological schools. The term *Adam* means, according to philological interpretation: *One erect; Hayeva*, or the latinized abbreviation, *Eva*, means: *His equal*. Thus from the very cradle of the white race woman was recognized *enpar* with man and therein the white race was to differ from all other races: to see in the white race man and woman made equal. She is his equal but in many ways more delicately constituted because of the endowments of motherly propensities which call for a more sensitive nature. Thus she is often in a muscular way less developed, still her nerves are for this reason under greater control. What she lacks in muscle she makes up through her nerve. She must be spared the heavy burdens of life, if she is to create happiness and call out the quickening tendencies of her ever inspiring nature which tends toward heroic deeds through man. She is the creator of qualities that are to make this world grow better, for "the hand that rocks the cradle rules the world." Much then depends upon the ingenuity behind the hand

that does the rocking, for if prompted by ignorance—disasters are sure to follow.

The consciousness of woman's equality to man inspires her with giant strength and vigor and carries her through the most difficult problems of life.

Where, in addition to the realization of her almost limitless powers, she learns to care for her body, she soon gains that part in the daily walks for which she is destined. At least one hour should be spent in the study and the exercise of all such postures and rhythmic culture that assures good health and proper lines, besides good looks that go with good culture and training. It should be and must be the duty of the Woman's League not only to point out to woman the equal rights of women but to teach her the duty she owes to herself and those with whom she is associated. At all gatherings of women, topics of an absolutely practical nature should be of foremost drilling. At such gatherings the path of life should be pointed out and the significant part she takes in the framing of the race. Women of accomplishment should be used as examples to inspire others toward accomplishments of a most worthy nature. The heroic deeds of man and the accomplishments of saviors should be traced to the influence of woman and the important part she takes during the time of a gestative period. Priestesses and prophetesses of old and mothers of great masters and



artists should furnish ample material to show in whose hands the fate of future generations lie. Not only prophetesses of old but mothers in general have their part in the propositions and problems of the people and nations, owing to the gift of foresight.

The higher development of the senses is inborn in woman and purity alone assures her progress. Lack of purity and virtue makes her a slave unto man. Even her children will make demands upon her owing to the neglect during the period of gestation. When inharmony arises in a home it is due to the fact that woman lost the reign of her government and at unguarded moments yielded to the inexplicable. The path of life becomes hard and difficult under such trying circumstances; life turns into a living grave—a never-dying sepulchre whose sting is greater than that of the flames of hades.

Let woman keep good health and command and demand respect in return for the blessing she is able to bestow upon others. It is she who must attend to the development of the finer and higher senses within her if she desires to see them unfolding in the man of the future or in her children.

Love is the guidance unto wisdom and by wisely showering her love upon those who are concerned in the welfare of a home she cannot be misunderstood and respect will ever repay all her efforts. Growing thus in will-

power, ever exercising her ingenuity and setting the good example in all things she will turn the family into an earthly paradise that leaves nothing to wish for but the Blessings of an ever gracious Lord and Father who is in Heaven.

## Home Talk

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**I**T is not always that we can talk freely even with the best of friends and not be misunderstood and have the best of intentions misinterpreted. Still, were we to consider the probabilities of the misconception of things by others we would seal our lips forever and, with Omar Khayyam, ask, "And then what?" But we must not allow our mind to take wings into regions of undeveloped conditions but direct our footsteps always there where good may be gained or be imparted. Thus we should always follow the trend of good thought when a thought comes to us intuitively and not miss a given opportunity to give expression to the good word the mind reveals to us. Then and there the ways will open before us and we shall be able to recognize the means necessary unto the materialization of good deeds.

The household of Mazda with its many centers and round tables, its altars and its grails.

has all reason to "be happy and of good cheer." More than ever heretofore we realize our great fortune, to have found the Master who so generously gives us the gems of Truth and points the Way—the Only Way unto Attainment. And how gladly he imparts inspiring subjects to one and all in volumes almost beyond measure. Mazdaznan is indeed the revealed word of God and we need not wonder at it that the world with all its institutions envies the blessings which the Heavenly Father has stored up for the Faithful Ones. We feel with the creedologists and dogmatists who with all their research work receive no other reward than the words of the prophet: "They are ever learning but never come to the understanding of the Truth." How those poor mortals struggle with their imaginations and chase phantoms of scientific delusions, pour over fictions of illusionary citations while the Associates of God simply accept the Breath of God and straightway find themselves transfigured into the presence of realities. It is a real joy to be able to say: "See what Mazdaznan has done for me!" Yea, what it has done, not merely believing it but "by living it."

*"Mazdaznan is the living of it."*

## What Science Has Done

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JUST at present little is said about "what science has done" and it would almost seem more timely to consider the topic of "what science has *not* done." But such would be unfair in the face of the great accomplishments due to the strides of science. It cannot be denied that much has been gained through science, still with that the claim cannot be set forth that science has conquered ignorance. That the latter still thrives is no fault of science, for "with ignorance even Gods wrestle in vain." Science, as a wave of the Spirit of the Times, cannot be held in check by human hands. Whatever the conditions on the earth or among human kind, science continues to assert itself. Wars, rumors, revolutions, upheavals, pests and pangs of poverty are nothing but passing episodes attempting to thwart the bulwark of science; but it shall profit the chaos-mongers no more—they fail to do their work. "Hard times come no more", is the slogan. The dark ages with their rods of impositions and inquisitions, their dungeons, thumbscrews and witch trials, their burning to the stake and putting into the ban are over for "God will not be *wearied* with the prayers" of hypnotists and sorcerers. "God is a God of the living, — Who desires not even the death of a sinner", much less that of innocents.

## Omar Khayyam

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**A**T Little Bethany the Saints of Mazda and His Victorious Associates gave a most novel banquet of late. The table decorations consisted of leaf-garlands and blooming roses, bowers of grapes and fruits of the season. The menu was rather elaborate and consisted of Fruits Melange, de Nebiolo, Tomato Moselle Bisque, Celery, Olives, Waldorf Salad, Nut Croquettes, Brown Tomato Gravy, Creamed Onions, Cranberry Sauce, Cousin Nellie's Beaten Bisquets, Arabian Coffee a la Mazdaznan, Fromage, Plum Pudding with Forbidden Sauce, Assorted Nuts, Perfumed Confections. However delicate and tasty the dishes the principle feature was not the menu but the novelty of the menu booklets, each recipient receiving one of Master's transcriptions from the Rubaiyat. Hours were spent in expounding the history connected with each quatrain and the flow of information brought joy into the hearts of all the Nobles of the St. Omar Grail. The very air in the Banquet hall seemed charged with the scent of the roses of Khorossan. The tentmaker's romance was told, showing more than poetry in the stanza:

"A book of verses underneath the bough;  
A little wine, a half a loaf and thou  
Beside me, with thy blooming tulip cheeks,  
Is paradise, before which kings would bow."



## The Rubaiyat

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OF all the admirers of the Rubaiyat there are perhaps but few other organizations to be found on the continent that in any way can approach the watchmen of the Northern Stronghold, located in Montreal. The banquet held recently to the memory of Omar Khayyam displayed most novel features in decorations, menus and the unique way in which the hours of celebration were spent. Numerous stanzas heretofore beyond the casual observer were given in their text and the result of reconstruction and interpretation seemed to have a most magic effect upon the lovers of the Rubaiyat. Even the slightest shadows of doubt have been removed and Omar Khayyam appeared in his true nature as a Savior to those who are blessed with eyes to see and ears to hear. Many were the beautiful stanzas interpreted, each one claiming an important thought-wave all its own. The last one read before closing the inspiring occasion was:

"In madness and despair men search for *Thee*;  
Wealth cannot find *Thee*, neither poverty.  
All speak *Thy* name—still none have ears to  
hear:  
Though omnipresent—none have eyes to see!"

## From the Tree of Life

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LIKE in many more things, we may go a little too far with our idea of neutrality and reach a point where it loses its virtue.

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SOME critics are of the opinion that the Lord must have been on a journey at the time thousands of prayers were offered up in behalf of the struggling countries beyond the big pond and the expected "Peace" negotiations have thus been deferred. It is proposed that another Day of Prayer may find Him at home. —Such blasphemy!

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MAY it be as it is, but the chaos into which the White Race has been thrown must be of some good consequence, if not the turning point of civilization toward Perfection.

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FEBRUARY first records the one hundred eightieth day since the declaration of war against the House divided against itself. Some of those militaristic enthusiasts who would have the whole earth wiped off the floor within a specified time, have since realized that in publishing a Time-table it is well to add "subject to change", otherwise their calculations must be based upon something more definite than mere spontaneous enthusiasm and bigotry.

"TWENTY Days to Paris" was a miscalculation and if the same amount of energy had been directed toward London, some diplomats believe the inevitable might have happened.

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SOME evil-minded souls claim that the day after the appointed Prayer for Peace the biggest battle was fought. But this is not so as many more have been fought since. It is about time we cease criticising and learn to mind our own.

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THE good old book (Bible) says: "They cry for *Peace* and yet there is no *Peace*." How true; they want a *Piece* of this and of that for themselves but do not grant the same right to others.

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MAZDAZNAN all over the world are neutral because they are cosmopolitan, recognizing no differences in the White Race other than tribal peculiarities, the blending whereof will make the White Race the heir to the Kingdom of Heaven on the earth.

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"MAZDAZNAN now the password is." The Master-Thought is the only Thought able to master the present situation and bring Peace into the midst of misunderstanding brought on through hasty measures.

## Fireside Chats

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AN alliance of the States with any of the Powers must not be even breathed as the slightest intimation toward such relation would annul forever the freedom of the country—a freedom that cost the people an enormous price.

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THOSE interested in the details of the present situation in the civilized world are to read the Apocalypse in the order devised by the Infinite Design, bearing in mind that the struggle of the Fulfillment of Time is not one of Victory but Peace.

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THE Adversary is by no means partial in this present battle array for he deals out his blow on Gog and Magog in a spirit of equalization. For every ship sunk on the one side he sinks equally as valuable ones on the other; if he slays 100,000 heads for the one, he soon comes up to the mark on the other side. It is another way of being neutral.

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A LOT of this unearthing of documents and prophecies by monks, soothsayers, mediums and many more, must be taken with a great deal of sense, seasoned with the benefit of doubt, since it is quite convenient to “find”

things to suit the occasion. If war is a necessity—it will continue; if the product of man—it will cease.

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DR. CARLSON, of the University of Chicago, told the members of the National Academy of Sciences:

“That hunger is caused by the contraction of the stomach muscles close to the esophagus.

“That these contractions can be reduced by psychic means.

“That tonics and bitters ordinarily given to increase the appetite have no effect on the stomach but tend to decrease rather than to increase the appetite.

“That liquor and tobacco decrease the appetite.

“Pain caused by starvation is almost purely imaginary. If one was able to adjust his mind to conditions to forget that one was slowly starving to death, death would be almost without pain. We found there was no actual pain after the third day.”

The daily Press better look into the mental condition of Dr. Carlson as there must be something radically wrong with a man who expounds doctrines patent with Mazdaznan and Sun-worshippers in general, for which the latter are being persecuted by the state, the pulpit and the press. But if Dr. Carlson is right, then why not study Mazdaznan, pure and simple, that will throw more light upon the Science of Life than all the systems in the world put together. Wake up, ye members of the National Academy!



THE reason some of the factories had to close down is not on account of the war but because the *dye* for the coloring of the goods can not be procured. Perhaps it is just as well as we can still *color* the prices and yet do not have to *die*.

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To grant the wild birds ten years of protection by the State of Massachusetts is quite a step in the right direction. It has been discovered that these birds keep down the insect pest by one half and the other half is handled by spraying.

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CHINA and the Orient in general is calling for European goods, but the demand cannot be supplied. Perchance the American Continent may do something in that direction to meet the urgent call.

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THE price of corpse-flesh is going up and stockyard experts expect that meat will go up to fifty cents a pound. We understand that coffins are going up too, owing to a great mortality caused by a disease germ called "militarism." What connection the latter has with the former we don't know.

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BUT the price of shoes is going up. There is no doubt about it and as the high cost of corpse-meat drives the human vulture to vegetarianism so the high cost of boots may compel him to walk barefoot on the lawn at least.

# Oracle

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For the Year 1920 of Our Savior  
or the Calendar Year 1915.

**J**UST as the Year 1919 of Our Soshyant announced its departure to be remembered by what it has done, the flames of the Fire Altar slowly ascended through the realms of ether that by their course the mystic finger of Destiny may reveal to the Faithful the events in store during the ensuing year. The three clocks about the sacred edifice of the Northern Stronghold, all in concerted action, announced in clear strikes the hour of twelve. The Associates present dismissed their thought waves, while their hearts and minds, attuned to the Waves of the Infinite, breathlessly watched the tortoise-shell urn with its flames. The hieroglyphics drawn by the flames were indeed of significance, but of so world-wide a nature and of so much importance to the Elect, that not until the myrrh and frankincense was cast into the slowly receding flames came the message in repeated impressions: "Seal up those things and write them not; they concern the Associates of God and their Saints."

It thus becomes quite a difficult task to give even the usual synopsis of the Oracle without treading upon the tenderness of the one or the other not yet sufficiently cosmopolitan and

broad enough to realize that in the Sight of God there are no creeds, casts or nationalities.

This much may be recorded for General Information, that the Millennial Era has been ushered in to advance side by side with the Operations of Hades, to construct and build characters while the latter destroys its kind.

Every day of the year shall reveal new surprises, and curses and blessings will follow one another with such rapidity, that only the Elect will be able to distinguish the one from the other.

For the comfort of the scientific minds, the advice comes not to give thought to any of the waves of upheavals, but to continue in the spirit of opulency, encouraging the Saints of God and the Children of the Earth never to grow weary in using their talents to the utmost in reclaiming every available piece of ground, and to use their ingenuity in harnessing the powers and forces of nature for the comfort and ease of the survival of those fit to recognize the guidance of an Infinite Mind.

The exceptional calamities along the coasts, unusually early and heavy floods, hurricanes and disasters, are not to alarm us in the least, as these are in harmony with the conditions of human mentality, and the fear entertained. High cost of living is to be regarded as a timely lesson in economics. The necessity of cutting down the time of labor will lead to solutions in industrial circles.

## Not Victory but Peace

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ALL the wars recorded in history had one or more objects in view upon which the destiny of a nation or that of a particular throne depended; each and every combatant seeking victory. Not so in the present encounter of civilized nations. The tention which has grown out of the spirit of commercialism has made progress impossible, and as in the days previous to Reformation the spiritual side of man suffered moral freedom, even so now in the Days of civilization the intelligence of man is greatly curtailed and its further development hampered, endangering his rights and freedom unto Higher Attainments which alone assure to him Perfection. The spirit of commercialism has not only bought man's hands and feet, but has bought his brain until he can no longer use his individual freedom. He has become a slave to conditions and environments to an extent of being at the mercy of the Consolidated Powers. Unionism, Federationalism, Determinationalism, Socialism, Single Tax and the many more economic schools have curbed these powers here and there but have failed to stop their imperialistic measures which have grown only all the more until every remedy aggravates *patients* and *patience*.

What no mind of mind ever conceived, such

is now being displayed in the present encounter into which all the civilized nations shall be drawn to the extent they claim relation to commercialism. We should continue to uphold the policy of neutrality by all means, so as to appreciate the work accomplished.. No one could possibly do better than those given to the spirit of militarism to sweep the dross of commercialism and the evils of society.

In a combat as that displayed, at present, the question of victory should not enter the well-balanced mind, as it is not a war for victory on the one or the other side of hostile armies. Their play of defense is phenomenal, while the result shall surpass even the most diplomatic calculations. The combatants as nations and countries may lose out, but their loss of national pride shall be an International gain--that of Peace, leading toward Federation between the nations; casting off the yoke of Commercialism, as Reformation cast off the yoke of Political Christianity.

Thus the world will move one step nearer the goal destined by Providence and although Fate may play its orgies in fugues of an exceptionally touching depth, in a display bordering on the demoniacal, the result will prove in harmony with the Infinite Designs and pollenate the minds and hearts of man with traits leading toward higher aspirations, culminating into accomplishments characterizing the Coming Race.



## Political Christianity

**T**HERE is a strong inclination of catering to Political Christianity even by publications widely considered to be free from influence. They claim cosmopolitanism, following no particular creed, be it religious, political or otherwise, taking pride that they fear not to speak the truth. But in these days of diplomacy we must not take any such claims for granted as the tone of their pages will suffice to convey to us anything but impartiality. Political Christianity proves its loyolan dexterity by keeping them all agoing, and we glory in this for all the sooner the inevitable comes to a culmination, things must take a turn for the better. This suspense is by far worse than the worst that can happen. If we cannot live we should at least not be tortured, since death is by far more preferable. But if death is not to be our lot—we must have a right to live.

This world has had its purgatory long enough and it is quite timely to have it decided in favor of the one or the other of the foretastes we have had. If it is to be hades, very well then. We at least have the privilege to submit in good grace and kiss the germ-bedecked toe of the brass idol. If it is not to be hades then why defer the Kingdom of Heaven prayed for by millions during the last nineteen centuries? It has been long coming and if it is to come we would say with our Blessed Savior:

“Thy Kingdom come; thy will be done as it is in Heaven” and add, let it be done “now.”

Political Christianity may have its place in human society as many other things have but there should be no lines drawn. One thing is certain; if a religious school is an institution, free from the institutions of the state, if it is of a private nature to supply the private wants and needs of individuals, it cannot be given any place within the state's institutions to exercise ecclesiastical influence. But if a religious institution is recognized by the state as an absolute *necessity*, then the state must decide for all of its citizens the particular brand of a religious school and condemn all others as adulterations, that must leave the pure food counter of diplomacy and go to—Belgium.

If it can be conceded that any and every denomination, creed, school or cult has a right to promote its teachings among the citizens of a state with all the freedom guaranteed by the country, then it must be understood that no one school has a right to curtail the advertizing of another school, and such rights must be protected by the state.

The menace to society are all such denominations whose leaders and members seek to gain political power and distribute political offices among those of their particular faith where they may, under the cloak of religious scruples, sway the sceptre of authority. Any such acts should be considered criminal and

treason against the constitution of any government.

Education, except such as prescribed by common consent and executed by the state through its public and high schools, must be of individual choice, in which the state has no more right to dictate, than it would select the trade, profession or business for its citizens.

Wherever a state offers advantages to prospective office-seekers because of a particular religious or fraternal confession that state makes itself liable to treason and a foe to the constitution of a government.

Whenever the question of a religious confession determines election to office, the party-platform is annulled and all the believers in the platform, not of that religious denomination, have been deceived. It may be considered a clever trick on the part of the leaders of certain religious denominations to invade politics with their cunning devices, still they will sooner or later discover that conspiracy against a government by the people holds good for a short time only, as measures prescribed by one ecclesiastical body against another, invites destruction.

To mould characters and build up society for the attainment of a higher standard, trickery and hypocrisy cannot be employed, in fact wherever the latter is in vogue the result is disastrous. It may be well to look backward to the ages past and then glance across the

sea to view the present stringent situation, to appreciate the lessons—and change our ways.

If any of the religious schools have anything in their systems that can in any way improve our schools or ease the training of youth, we are sure the state will sooner or later adopt it, without our going into politics, as a church. If we are convinced we have a good thing for the good of all, and not for self-aggrandizement, and still are ignored by the state, we continue to enjoy the benefits of our teachings and impart them to those who are convinced of their merits. A good thing need not go begging.

A thing that has to be imposed, surely lacks merit and must be stamped an infringement upon the rights of a citizen. Those who make a howl because of having lost out of late, here and there, belong to that class of Political Christianity who believe in having an absolute patent to the use of "means justified by divine right." But it seems others follow suit and succeed equally as well. It makes quite a difference as to who uses "justifiable means."

The moment that the platform promoted by a certain political party falls into the background in favor of a particular religious confession on the part of a candidate, it would show that the struggle is not a party struggle, but a religious sentiment for the gain of hierarchical supremacy, in which case the latter must be thwarted with all the available means

at command and stamped Anti-American and contrary to the constitution.

Any religious denomination seeking political power is a menace to the country, betraying the confidence of its members.

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## Annual Wabes

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To the Mazdaznan Temple Association

Assembled in Chicago Gahanbar, 1914—1915 A. D.

My dear Master:

Associates of God:

May the peace that surpasses all understanding rule over all Mazdaznan Gahanbars, meeting at this season all over the world!

Our annual report of our work in Germany will surpass our previous reports in color and variation. The last year has brought us many great surprises and changes. A great many storms and cyclones have swept over Mazdaznan and often it seemed as if our great cause would suffer, but still we are living.

YES, WE ARE LIVING.

These few words include the quintessence of our report; it is the very best report that can be given.

The year 1914 started with persecutions from the government of Saxony. One pretext after another was invented in order to kill Mazdaznan, but all these pretexts proved to be without the least foundation, as soon as the opportunity was given to defend ourselves. Such defense was perplexing for the government. They ordered their lawyers to find out a trick by which we might be deavily hurt. As there was no legal means to be found they *tried means by which any defense on our part or any appeal to the justice be made impossible.* A medical expert was ordered to formulate a certificate



by which the police and the board of Health would be authorized to take measures against a *kind of public infection, caused by Mazdaznan*, as by such a decree no recourse would be possible. This certificate declared *Mazdaznan to be injurious to the public health* and therefore must be suppressed "*with all possible means.*" Nobody saw this certificate nor will ever see it. *It is too obscure.* On such a mean trick they founded my banishment and prohibited all public meetings of Mazdaznan, violating thus the law that gives liberty of public meetings to all parties, even the socialists. The indignation against such unlawful persecutions was great among Mazdaznan.

The Summer Gahanbar in Zurich proved that all measures taken against Mazdaznan had the opposite effect. Five hundred members gathered in one accord to protest against such mean proceedings. This Gahanbar in Zurich was the greatest proof that Mazdaznan cannot be suppressed. It was a great thing to see such a Mazdaznan gathering, considering the great sacrifices of our friends coming from all countries of Europe and even from America.

We beg to express to you our heartiest thanks for your support and your good thoughts. We feel sure that this Gahanbar has brought Germany and the United States closer together and that this union in future will prove a great power for Mazdaznan.

The greatest success of this year was the foundation of a *Mazdaznan Seminary in Switzerland*. The idea had already taken place in Leipzig, but as soon as our enemies found out that we were in earnest about this project they began their public persecution, fearing we might become too strong. They were convinced that these persecutions would put an end to Mazdaznan. What a great blunder! What ignorance!

Our Summer Gahanbar accepted a resolution to have the Seminary erected in Switzerland, the land of liberty. A considerable sum was signed to that effect. *Then came the war.* This seemed to make an end to our plans, for most of those who had signed were now un-

able to realize the money signed. But the untiring efforts of some members, who would not give up our plan, made it possible to start the work in December, 1914 A. D. The building has already begun and will be finished in March, 1915 A. D., provided enough money will come in. The building will cost 90,000 Francs, of which sum we possess only about the third part. The other two thirds must come in through collections. You see we are in need of material help. We hope that our friends in America will not deny their support. Until now Mazdaznan in Europe has held its own and never asked our American friends for assistance, but this time we are forced to appeal to you. As we are to create, according to our Master's advice, an *International Mazdaznan Academy* under the auspices of our Master, it may also become a stronghold for the whole Mazdaznan movement, as well in America as in Europe and in Asia. With your financial support and with Master's spiritual help we can make it a great success.

In connection with the Mazdaznan school we started also a Mazdaznan colony with about twenty five acres of fertile land on the beautiful borders of the Lake of Zurich. This is sub-divided in about thirty six lots, which will be sold to Mazdaznan settlers. There are quarters, one for Americans, one for Canadians and English, one for Parsees and one for Germans and Swiss settlers. Especial attention will be paid to students who wish to visit the university, the conservatory, the technical college of Zurich and at the same time live a pure life in our colony.

*Aryana* is the name of our colony for it is to be an Aryan spirit, Aryan blood and Aryan purity as they have been taught by Zarathushtra, Jesus and our Master.

To this end we invoke the blessings of Mazda and all Aryans of the whole world.

If we consider all those strange events of the year 1914 A. D. we might at first take them for great calamities but in the end they were the greatest blessings and the greatest promoters of our great cause. With-

out the persecution, without the banishment and without the great war, we would not have found this asylum in Switzerland which will be a cornerstone of our Mazdaznan and a stronghold against the adversary.

Let us therefore be thankful for all that happened last year, for all the seeming adversities and let us look boldly into the coming year and pray Ahura Mazda to send us in the new year *even more* such good and helpful experiences and temptations, for we are here to work hard in order to cultivate the ground for the Coming Race and the Millennium.

May Mazda be rejoiced and His Associates continue to be victorious. This is our daily prayer. Remember us during this glorious season as we remember you daily in order to make invincible the tie that binds the great Aryan family.

Yours forever,

DAVID AMMANN,

*Ambassador to the Germans.*

Christmas, 1914 A. D.

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## News Waves

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OUR Master spent a glorious time among the Saints of the Northern Stronghold conducting the Solemnization of St. Beatrice and St. Garfield.

On his way to New York a stop-over at Lowell and Boston brought out many interesting features and the events are considered of great importance to the Work.

The New York Associates, Gods and Saints feel they have been blest beyond measure and vowed to do their work in a more ardent manner.

Baltimore too has been blest with a visit.

Washington showed great appreciation and arriving in Chicago the latter thought it had found a long lost friend. But thus all think and for this reason no one Centre is to claim the Master hereafter.

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## Ainyahita's Pearl

---

Oh! history of Mazdaznan, through ages gold-  
thread twined,  
No lore like Thine I found yet, so charming,  
so refined;  
Upon Thy Pearls of Wisdom I see our race  
was built,  
They stood the test of Time and my thirst for  
Knowledge stilled.

Oh! Mazda of the Present! of Thee I am  
aware;  
I cast my lot unflinching; Thy Peace and Pro-  
gress share,  
"Reclaim the earth; the banner of Peace up-  
hold", I hear,  
To which my heart responds "aye, 'tis Ain-  
yahita's Pearl."

Oh! Future of Mazdaznan, is any there like  
Thine,  
To hold its own through trials; I'm proud to  
call Thee mine.  
May aid I, single soldier, Thy destiny to mold,  
Displaying that new color, the sparkling, lus-  
trous gold.

—Colonel Jacob Lagendyke.



# SERMONETTES

---

**T**HE apparently useless in nature may often irritate us because we forget that everything strives to answer nature's call—Self-preservation.

---

**W**HAT once seemed to be of no other purpose than that of ekeing out an existence, has now entered into the field of utility, due to the application of ingenuity.

---

**W**ITH the development of man's heart and mind, collectively and harmoniously, comes the usefulness of all things he can lay his hands on.

---

**T**HE obnoxious growth in the wild woods or the plains develops qualities outside of the current of evolution because circumstances compel it to do so, if perpetuity of its kind is to be sustained. Its natural desire is not to perpetuate its acquired virous properties. Give it a place in the world and the endowments of sting will wear away, while a little culture will make its heretofore useless existence highly useful. "From the bitter—sweet will flow."

**C**ONTINUED measures of defense eventually turn into an offense of a principle that cuts short all further progress.

---

**E**VEN the best of us turn savage in the face of continuous attacks, while the wanton rise of enemies will crush the life of a Savior.

---

**T**URN the wastes of a desert into a paradise and even the eyes will have something more than greasewood and yuccas to feast upon.

---

**S**TOP accusing yourself of ignorance and you will gain courage, using nature's means of calling out the better qualities of a perfect character latent within.

---

**T**HERE is no man so low, mean, brutal or criminal, who has not enough good in him to be of value to himself and of inestimable use to society.

---

**T**HE knowledge of things does not suffice us in the struggle unto Realization. We must prove our knowledge through demonstrations, holding their own as stubborn facts, against which all arguments dash to pieces as Belgium forts before German guns.

**T**HE reason weeds cannot be exterminated is because we do not cultivate them to a degree conducive to the intelligence that propagates them.

---

**T**HE apparent evil in plant, beast and man is no more appalling than the shadows that either of them cast.

---

**A** MAN, bad in his ways, is so because he has not been rightly placed.

---

**A** greater number of geniuses and powerful minds are lost to us because their environments hold them as does a desert hold its hidden treasures.

---

**T**URN the torrents of mighty waters, emptying into the sea that needs them not, upon the desert waste instead and watch the result: A paradise.

---

**E**QUAL distribution of wealth must not be applied to the medium of exchange but to nature's resources, to which every man is entitled by virtue of the law of inheritance.

---

**I**F heredity is a gift of the earth, gauged by environments, then the earth herself should be man's portion whereon to exercise such gifts and not be deprived of his rights by any measure that would disclose partiality.

THE best of us are only too often enemies  
to the things that need our friendship.

---

TO condemn does not call for wisdom as  
ignorance alone metes out condemnation.

---

WHEN it becomes a sin to *know better*, then  
ignorance and evils have turned virtues.

---

IF we honestly desire Peace then why struggle  
with measures of destruction?

---

THERE is no need to be without a standard  
even if all else in life fails us. There is  
One in whom we may trust—God.

---

TO be kind to those who love us is no virtue  
but to be able to have love in one's  
heart even for the worst enemy, proves  
our superiority over all.

---

HEAVEN and hell are not realms separated  
by space but by the conscience of the  
heart. Where there is heaven on the  
one side hell may be just across the street and  
sometimes right next door and at other times  
right in one's own home.

## SEASON HINTS

---

**L**ENT is on and abstinence from delicacies as well as seasoned foods has begun.

---

**R**OOTs and barks are in order, either powdered or in form of teas.

---

**D**ANDELIONS, watercress, shoots, rhubarb, spinach, violets, sorrel, peppergrass, radishes, shives, leek, onion tops, parsley and celery will add to one's menu.

---

**S**UBSIST largely on dry cereals, masticating them; rolled Wheat and Oats are the most convenient, but wheat may be ground fine and coarse, also barley and rice flour will be found wholesome.

---

**D**RINKING herb teas and chewing roots and barks all day will create a healthy hunger for the one meal to be served at sunset and that meal so simply and scientifically compounded that overeating becomes impossible. Observing religiously such methods for forty days will repay us for our denials by the time Easter comes to us, when we too shall rise above all superstition and error, enjoying the new life held out to us by Springtime.



**B**UTTERED bread to children is really a crime as it weighs down the duodenum, enlarges the bile and inflames the liver.

---

**T**ROPICAL fruits, now in season, are wholesome to both young and advanced. Fresh fruits should be preferred to the dried or the cold storage fruits.

---

**I**N some cases it is well to use a salt-spoonful of sulphur, alternated with saltpetre at each meal; after meals use three to six grains of charcoal.

---

**E**GGS, butter, milk and cheese are to be the things forgotten. Even children, past two years, will do better on gruel with cream, administering mild herb teas instead of the usual milk.

---

**F**OR good health, good looks and a good mind make it a rule to eat as little as possible, and to eat when prompted by real hunger, concentrating upon the value of food and its destination that the vitamins contained therein may be assimilated to an extent of retaining all the convertible elements contained in the food. For this reason the ancients invoked a blessing before partaking of food that the mind may be more readily kept within the range of the objects before us.

**D**ON'T miss chewing sassafras, sarsaparilla or rhubarb in small quantities after meals.

---

**A**LL cooked and steamed foods should be avoided, substituted by raw foods and baked dishes

---

**C**OLD sponging and brisk towel rubs are of particular value, while anointing with delicate oils will do much in improving skin action.

---

**D**ON'T be deceived by the many disinfectants for mouth and body the stores advertise. There is nothing better than Australian Oil of Eucalyptus, Menphor or a good soap, using Permanganate of Potash from time to time.

---

**D**O not use those awful perfume oils now on the market. They ruin the skin, turn the color, spoil the nails and take the life out of the hair. A common laundry soap is almost better, especially in baths; otherwise the Spanish castile soap is the safest. What is the use of using creams, ointments, perfumes and so forth, on the body when the soap you use undoes for you just what you intended to gain.

**I**N making use of the medicinal value of roots, herbs and blossoms of all kinds, use them in their natural state and not as decoctions. Pulverize roots, barks, leaves, and so forth, using them with your food as you would spices or salts.

---

**L**IVING in accordance to the demands of the seasons there will be no need of canned or conserved goods, either sealed in tins or put up in glass jars. As a food or as a dish, expecting wholesomeness and nutrition, canned goods are a failure and may be the cause not only to the usual ptomaine poisoning so common in these days, but here may be found the many causes to more serious troubles so rapidly developing within this generation, diseases that baffle science. True, every experience and malady spurs us to invent and discover antidotes and counter-agents, still to eradicate the evil it is best to rid one's self of the bad habit of using canned goods and conserves. Now that we have connections with all the producing countries of the world we may procure the amount of fresh fruits and vegetables required for a scientific menu for a mere bagatelle, at least for a less price than usually is paid in doctor fees and remedies whenever sickness arises due to false economy or ignorance in selection.

# Revealed War News

Edited by Apocalypse

**I**N answer to the many inquiries from diplomatic and other circles as to our position in regard to the military maneuvers and the great disasters, calamities upon water and land, which are to rage and increase with the season, we would prefer to refer our friends to Apocalypse, parts of chapters six and eight, which seem to fit the situation for the present and for some time to come. In the event of any change we shall furnish further quotations.

"And I saw, and behold a *white horse*; and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.

"And there went out another horse that was *red*; and power was given him that sat thereon to take peace from the earth, and that they should kill one another; and there was given unto him a great sword.

"And I beheld and lo a *black horse*; and he that sat on him had a pair of balances in his hand.

"And I looked, and behold a *pale horse*; and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth."

.....  
“The first angel sounded and there followed hail and fire mingled with blood, and they were cast upon the earth; and the third part of trees was burnt up, and all green grass was burnt up.

“And the second angel sounded, and as it were a great mountain burning with fire was cast into the sea: and the third part of the sea became blood;

“And the third part of the creatures which were in the sea, and had life, died; and *the third part of the ships were destroyed.*

“And the third angel sounded, and there fell a *great star* from heaven, burning as it were a lamp, and it fell upon the third part of the rivers, and upon the fountains of waters;

“And I beheld, and heard an angel flying through the midst of heaven, saying with a loud voice, Woe, woe, woe, to the inhabitants of the earth by reason of the other voices of the trumpet of the three angels, *which are yet to sound!*”

The key to this correspondence is this:

The *white horse*—Germany,  
The *red horse*—France,  
The *black horse*—Russia,  
The *pale horse*—England.



## The Economy of Life

SOCRATES, in conversation once remarked: "Who, with little complaint, and incapable of living without costly food and contented with that which he has, would undertake a campaign?"

To satisfy his appetite Socrates arranged his food at mealtime in such a way that "his *hunger for bread* was the meat thereof." He also enjoyed all beverages, of which he only partook when athirst. When he condescended to accept an invitation to dine out, he avoided without effort, what for most people is difficult, never to consume more than he could digest.

To those who could not succeed in this, he advised *abstinence* from those foods which excite a desire to eat without being hungry, or drink without being thirsty; those are deeds which disturb, shatter and ruin stomach, brains and spirit.

*Plutarch* states in the maxims of Kings and Generals, famous examples of the understanding of life: Agesilaus remarked to one who marveled at the frugality of the Lacedonians: "For this mode of living, O Stranger, we reap liberty!" The meals of the Lacedonian youths were scantily planned, which was to accustom them in case of necessity, to starvation. It was also believed that in war, they would not only be more useful when able to endure hard-

neath the brute, for the latter is at least true to its own kind.

Man, the highest expression of the Infinite Intelligence, by wasted time and neglected opportunities, drifts gradually downward, developing into monstrosities of an unmentionable nature—thus, in the search for purity of friendship and harmonious companionship we turn to nature. She still remains true to her position and we find her just as sweet, refreshing and invigorating, in her life-giving emanations, as in days of yore. Her youth ages not; her luxuriant growths increase with each succeeding year; the perfume of her flowers, the fragrance of her foliage, fills the dewy air with an exhilaration indescribable by words; she breathes forth her life-giving currents upon the worthy and the unworthy and radiates her refreshing spirit by virtue of her never ending life-principle. She blends her spirit with the great Universal Spirit of Mazda and there is atonement. When man returns to first principle, to simplicity and nature, we shall behold the grand, inspiring *Trinity*—God, Man and Nature—harmoniously blended into perfect At-one-ment.

Mazdaznan points out the one unfailing way, that enables man to regain his foothold; to reclaim his position; to turn the deserts of the wilderness into a Paradise; Mazdaznan teaches us how we may *grow, unfold and develop* all the intelligencies crystallized in us.

## Fireside Chats

---

WITH war it is as with sickness; if it is a fatherly chastisement by the hand of God we have no right to interfere for God knows just how much of a spanking we need. Don't call in the doctor for such would be blasphemy.

---

IT has been discovered by science that there really are fluctuations in the radiations outside of the earth's atmosphere. We don't doubt it in these days of great disturbance upon the stock market and—elsewhere or somewhere.

---

DR. WILEY, the Food Expert, thinks "there is more strength in a pound of bread than in a pound of meat and of course cheaper since the bread can be procured for five cents a pound while meat is twenty-five cents." This statement is rather broad, as are many more statements the good Doctor makes. Though there may be truth in the statement, it lacks the scientific substantiation. The Doctor really meant to say that bread, made from the whole of the wheat kernel, not only contains vitamins so necessary to further the better development of body and mind but is five times cheaper than meat, which lacks vitamins and other ingredients necessary to further the race toward higher attainments.

A GREATER danger than that which confronts us as a nation, due to the present situation, is Political Christianity.

---

THE prayers for victory by the one nation and the same prayers uttered by another will culminate into condemnation.

---

LAWS are not made for the purpose of encouraging mutual agreement but to breed a specie of technicalities whereby disagreements may be carried on *ad infinitum*.

---

IF we could see all the contradictory things we do and only realize the many more we entertain in thought, we would wish to be almost anywhere else than on earth—almost prefer Belgium.

---

FOR those who still hanker after the fleshpots of Egypt with their hoof and mouth disease and many other disease-breeding germs, so necessary for the destruction of body and mind, it may be of some solace to learn that our government statistician, H. J. Williamson, prophecies that "before five years have expired America will find herself in the class of European countries that have to look to importations to supply meat." Well, now, we like that! But where is the meat to be imported from? Can it be that hereafter steaks shall be marked: "Made in Russia?"

## Springtime

---

WITH what charming expectations does man look forward to the coming of springtime, when he may contemplate with greater joy and felicity upon the pleasures of nature. It is this springtime joy that imparts strength to the heart; hope to the mind and felicity to the Soul; for countless new pleasures open with the birth of spring; the fragrance of flowers; the joyous song of birds, the sea, mountains, hills and valleys, all proclaim their adoration unto Him, who is their Creator, for thus He embellishes with His own glory the work of His hands. By the splendors of spring God renews the face of the whole earth; well may man celebrate the bounty of God with song, laud and praise.

And who can offer a worthy tribute of Praise unto the Author of this perfection with which He has adorned nature. We would turn to our Blessed Ainyahita's laud unto the "spirit of the Earth," on page 156, paragraph 19th, in which she portrays Her laud and appreciation of the unsurpassed beauties of nature:

"O Mother Earth, thy glittering tear-drops descending before my feet thru the courtesy of Sanpu from yonder shining glacier assures me of kindred understanding. Thou hast not any wind that blows which is not music; every



deed of thine flows in aroma, tho' impromptu, yet divine. Thou hast no sound but that it follows upon the ether in rhythm, accurate and fine. Thy very grassblades, flowers, shrubs or trees that grow speak living words to everything and showers of blessings everywhere bestow. The dewdrop of thy early morn, the wave of Vourukasha, make thee appear new-born, revealing God and Asha. In all thy shapes and sounds a spirit broods amid them all, however great in magnitude or in insignificance how small, there is a something which is not of them at all, but of the One whose Message Peace declares, a Peace for once and all.

"How great thou art, how motherly, how tender to thy care; my heart goes out to thee, with thee my friendship share. Thy very shadows outline in abstract terms the concrete objects back of them and thence to God return. A touch of thee enraptures me and with pure love my bosom fills; the sight of thee brings ecstasy and with eternal presence thrills.

*"I love thy magic veils and shrouds;  
I love the frown upon thy clouds;  
I love the brows upon thy hills;  
I love the flowers within thy rills;  
I love thee for the love of Him  
Who made thee and who set thy rim.  
I love it all, the great and small,  
At one with Mazda, once for all."*

# Telepathic Waves

---

The Light that kindles the Fires of the world  
Shall light thy Path. — *Guromano*.

Arise and shine that thy brightness  
May illumine the Paths of Life. — *Ashoi*.

From out of the depth of the night  
I have called forth Light  
And lo! and behold!  
It shall be thy guide  
Unto Life Everlasting. — *Daddy Hooper*.

I shall never more foresake thee,  
I shall leave thee not in want;  
With mine eye I'll ever guide thee  
I shall lead thee by thy hand.  
— *Mother Adelia*.

I send thee tongues of fire,  
I send them to thy heart;  
Blessings, blessings, blessings,  
To thee I now impart. — *Mother Maria*.

## Lent Is On

---

THIS is Lenten Season north of the equator. Will you be one of us in correcting our habits?

OBSERVE the Lent Fast and you shall have no regrets to offer in the near or distant future.

WHEN Fasting take two hot baths a day and powder the body with equal parts of orris powder and powdered salt.

Do not Fast because the Lord wants you to or some concern prescribes it, but because it is scientific and in accordance to the laws of nature.

DURING Lent the body should be rubbed with hands dipped in either almond, cocoanut, poppy, palm-leaf, peanut, sunflower, sesame, olive oil, petrolatum or neutralol.

UNDERWEAR and footwear should be changed twice a day during Lent, while bed linen must be changed daily and retiring gowns have to be fresh every night.

TAKE a hot bath at night and a sponge bath or a quick dip in the morning; apply equal parts of vinegar and rain water to body and thereafter a little almond oil.

IF you can't take a continuous Fast of several days at a time, Fast on Wednesdays and Fridays. Be sure to take hot baths and oil the body. Mornings and evenings, take hot herb teas and chew sassafras, rhubarb, willowbark, orris root or sarsaparilla.

WHEN eating be sure you take half a teaspoonful of woodashes in one tablespoonful of mayonnaise spread over your salad.

SELECT for a diet: bran, middlings, whole wheat, barley, lentils, lima beans, mushrooms, grapefruit, pineapple, artichokes, watercress, wild mustard, peppergrass, radishes, spinach, dandelion, fennel, celery and whatever herbacious greens the market may offer.

IN the morning we should use a few pinches of diverse *savory herbs* like garden sage, vermouth, marjoram, thyme; at noon *aromatics* like fennel, anis, caraway, zedvar seeds, allspice, cloves, cardoman; in the evening a little crocus or saffron, mace, nutmeg and tumeric. These may be taken dry or with a wineglassful of hot water.

ONE teaspoonful of powdered ammonia to a quart of Rainwater (March preferred) will prove beneficial to the skin, keep it clean, soft and sweet; used with a little borax and alum will cure the disagreeable odor often emanating from the skin.

# Mazdaznan

## The Only Modern Philosophy of Life

---

**I**N the realms of terra firma energies are stored up which man alone can utilize.

Once the creative energy reaches its ultimatum in the ethereal realms of world-making and enters as the evolutionary incentive into matter, the culmination of both is directed toward the highest possible achievement—*man*. Now the creative energy and evolutionary powers polarize toward perfection in all things. In man, the original entity—the ego; the individual self—must awaken to consciousness and with it to its endless possibilities; for inasmuch as there is no end to matter, no end to space, there is no end to man's possibilities since man is the incarnation of God's attributes on the earth. The living God must be found *within* as much as his photo is seen *without*.

There are two groups of truth-seekers: those who know of God and thus serve Him unconsciously—they are God's tools; others who *know* God and thus consciously follow His designs. The latter recognize the needs of the day and discover the endless possibilities in every object in nature or in the hidden elements of terra firma. These not only live the life of exemplification but in words and otherwise, voice the great truths throughout the

daily walks of life and, having discovered the power of Thought, direct the Good Thought upon the waves of ether toward the hearts of all mankind, that the seed of intelligence may take root and bear better fruits of the spirit.

The Mazdaznan philosophy is partly voiced by the two great philosophers of our age, Bergson and Eucken. Both recognize the necessity of *oneness* with self and mankind, thus bearing out the *monistic* stand of Dr. Hæckel.

It is to be deplored that the philosophy of life that has made the Teutons and Anglo-Saxons famous should have been reduced to a cold, dry, intellectual study in the last few decades, void of the impetus and vril given by honest academic philosophers. Kant revived the philosophic trend in metaphysics and laid the foundation for subsequent achievements, while Darwin aroused the intellect toward the study of physical laws germinating the knowledge of the complexities of life as manifested. The successors of both were expected to erect a non-destructible edifice of knowledge leading to the realization of Truth. But the followers of Kant lost themselves in the abstract, riding the pale horse of terminology, while Darwin's admirers tripped over protoplasm and have never recovered from its mass of contradictions. While the former fails to come to realization the latter, with all his materialistic sophistries, cannot be the last answer to the ever-perplexing problems of life forcing them-



selves upon the intelligent mind.

Schopenhauer saw in matter *impulse*; in man he found *motive* the prime desire or will to live. The Will itself is a unit, oneness and monistic, but in the world of matter he finds it at variance. In manifestation he finds combat between one and the other. He reproaches *will* and recognizes in the individualization of the same the greatest sin. Schopenhauer could see only one thing in the objective and that was its death. Redemption thus remained beyond everything. With it all, he still held to denials and taught sympathy as the highest virtue, in either case contradicting the very basis of his mind wanderings. He denied manifestation as a reality.

Nietzsche affirms life in matter. His greatest virtue is the exercise of will-power. It satisfies the inner man; it raises him from out of the rut of negativeness and opposition into opulency and positiveness. He sees neither evil, nor is there good, in a strict sense. He finds in man the will to do and—whatever is—is best. Nietzsche preached the inclination of power, although he himself succumbed, still that may be merely circumstantial.

After all, whatever the impetus, the fundamentals, the philosophy or the school, each and every one are either a kind that springs forth in answer to a particular trust, peculiar to conditions and time, or a classification of principles, presented in a garb more conducive

to the spirit of the times.

Not so with Mazdaznan. It comes in answer to the demands made at all times. It is not confined to any individual or to any particular era. It is universal. True, individuals voice it at different eras, dispensations and cycles, still in principle it remains as changeless as space and time itself. Mazdaznan is the Philosophy of Life. Life is as continuous as are the realms of ether; as is the outflow of solar rays; like the latter, it may become clothed in a grass-blade, a flower, a tree; it may lose itself, as it were, in the dewdrops of a mighty ocean, there to collect the life energies of a musel into the formation of a most beautiful pearl, or it may bring new hopes into an eye saddened with tears. Life is everlasting—eternal; it has no beginning, also it takes many phases to find a start and have a beginning in the current of life's motions.

Through Mazdaznan we find ourselves emancipated in matter, realizing through self-recognition and acknowledgement of the right and will to live even here upon this earth, the purpose of life's manifestations and the limitless possibilities even in an apparently limited circumference of operations. In short, we find in Mazdaznan the need to *live our life*. In so doing we discover the *only way to truth*. But *alone* we must walk the path. "Be it Paradise, be it Gethsemane; *alone* I must walk in the path"; such is the language of our humble

Master who has called attention to the world-sweeping message of Mazdaznan.

Mazdaznan shows us the happy outlet and medium between *theory* and *practice*; between the individual and the collective state; the real and the unreal; the phenomenal and nuenominal; slavery and liberty.

If we compare life with an ascent up a mountain, then the theoretician will *recognize the path* while the practicer may *lose his way* if without a compass.

A Mazdaznan sees in everything means to an end and in the end possibilities unto still greater achievements. Good and evil are relative terms that designate the degree of usefulness or uselessness due to governing conditions, dependent upon the change of conditions for reverse operations.

Mazdaznan is the Master-thought and the thought that masters everything; it is the guide, the lead, the trust, the faith and assurance of things unseen in the world and yet possible through the change of the program in the daily routine of life. Mazdaznan reveals and leads to the good we all aspire to—to know God. And, as John correctly says:

*"This is Life Eternal:  
To know God."*

*—Ambassador David Ammann.*

## From the Tree of Life

"THERE is \$600,000,000,000 locked up in liquor trade", said Mr. Halle before the National Retailer's Association Convention held lately at Washington. This convention does not mean that its members are Spiritualists but that they deal in *spirits*. Now that the United States have reached the mark of 100,000,000 population the above figure would give each member of the nation, be it man, woman or child \$60.00 in spirits. This ought to make a strong "guide."

"THE theory that battleships and huge fortifications conserve peace has been exploded for all time. Europe has built upon a false foundation and is now reaping the results of its folly. If one per cent of the large funds spent upon battleships were used in combating economic evils and modern political social evils, the world would speedily reach a new and unknown era.

— *William Jennings Bryan.*

"Attempts have recently been made to corner the wheat market and the price of that grain has been advanced beyond reason by the gamblers. It is ridiculous to say that men who deal in futures speculate. They bet on the price going up or down. The market re-

ports in the daily papers show that wheat, for instance, will advance five cents a bushel within the space of a few minutes. Five cents a bushel advance on the entire crop of wheat in the country means many million dollars. Does the farmer get a fraction of this fictitious advance? Indeed he does not, for within another few minutes the price may be hammered down by the gamblers as much as ten cents. Then it will again be boosted and while all the fluctuation is going on the gamblers are taking in the profits on their bets and the suckers are being fleeced. What would the average person think if his home were being gambled in on some real estate exchange, with the price ten dollars a front foot today and three dollars tomorrow or perhaps advanced to fifteen dollars a foot? The government should put a stop to the gambling in the products of the soil just as state governments now make it illegal to gamble with cards or dice. When the masses distinguish between speculating and gambling they will be sure to instruct their lawmakers to protect them from the fictitious dealing in futures."— *Woman's National weekly*.

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## Ainyahita's Laud

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*"O Lord God Mazda, Thou art so great and yet so tender, so sublime and yet so humble, that I am put to shame in the presence of Thy boundless, compassionate love. May my mind never entertain a thought to screen Thee from my sight; may never my lips utter words that veil Thee from my presence; may I never perform deeds that will cause Thee to be distant unto me. Permit me, even me, to add my humble sacrifice and a sacrifice worth being heard of, that thru the performance of my duty in the spirit of Airyama I may be worthy of the association with the redeemers of the covenant and be found trusting in all my agreements.*

*"May Mazda be rejoiced and His Associates continue to be victorious. May it come unto me at this hour or at the hour of convenience, who, how and why Man may be restored to consciousness, that my ever-searching mind may be at ease and the heart find Peace, while with my mind soaring far above the terrestrial the never-ending realms of the celestial, illumined by the powers of recollection, reveal unto profit all the treasures of Ahura Mazda in accordance to my wish and humbleness of spirit. Be it so. Amen."*

# SERMONETTES

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**T**HIS age is one of brain and nerves and it becomes necessary to discover ways and means supplying every needful demand.

---

**T**HE higher the advance in civilization, the more specialization in the field of labor, all the higher the cost of labor and consequently the higher the cost of living.

---

**A** feasible, reasonable and logical study of Mazdaznan, followed by equal practice, will yield to the earnest student most satisfactory results.

---

**T**O keep in step with the spirit of the times and enjoy the golden fruit of civilization we need higher culture, which in turn requires a healthy body and sound mind, to insure successful application.

---

**T**IME no longer permits of speculative and experimental culture. The axe must fall to the root of the tree if the tree is to be removed, so methods must be employed of a nature that will yield immediate results if we are to be counted among the "survival of the fittest."

A fool parts with his money" and the illiterate spends all he has on his habits.

---

LIFE teems with blessings and if they have missed us, it must be that we failed to attract them our way.

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TO become magnetic, we need to cultivate the quality of harmony within ourself, since harmony alone attracts harmony.

---

TO meet the requirements ever so necessary to our growth and development we are to apply the knowledge gained through Mazdaznan with concentrated alacrity, since time is precious and life at best is short.

---

SUFFERING humanity is in need of a dynamic ethical institute of natural healing, where *physicians* are educated by methods in harmony with physical and moral laws and where patients may be treated as a whole—body, mind and soul."

---

THE wise man holds to what he has attained, a fool gives all he has but common sense; to see the first our progress is detained; to see the other keeps us on the fence; the better way is this: converse with God and you'll have bliss.

## SEASON HINTS

---

**C**HEW small quantities of green rootlets, fresh shoots, new sprouts of all kinds.

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**A**LL herbs, teas and coffee drinks will benefit the body, if made with March rain-water.

---

**C**OCOA shells soaked an hour or two in milk and allowed to come slowly to boiling point, makes a delightful and soothing drink.

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**W**ISDOM coffee, made from browned wheat, corn, rye and barley, with dandelion root added, makes an excellent morning beverage, giving a desirable change from the conventional tea and coffee habit.

---

**A**S to the quantity of food necessary, the following may be given:

A mentally employed person, two ounces of wheat and twelve ounces of fruit. Sedentary habits, four ounces of wheat, one ounce of oil and ten ounces of fruit. Manual labor, six ounces of wheat, two ounces of oil and eight ounces of fruit.

HUNGER is the only true *stimulant* and a crust of bread will *prove* that.

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TRUE thirst does not seek the bottle but is overjoyed at the sight of a hydrant or a bubbling spring.

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THE man who has to have his wine, liquor or beer for a daily beverage lives the life of sensation and not that of character.

---

WHEN the scriptures say, "The belly is their god", it hits the average man just right, for the majority is largely engrossed in the idea of eats—so much so that they do not consider the real worth and value of food stuffs, but the craving of an appetite which is the result of ignorance as to the real meaning of life.

---

BEFORE we acquaint ourselves with foods as to their chemical compounds and relation it is well to know what food is good for us. If it is for the purpose of sustaining the body with its functional organs, to answer the purpose of life, we must pay attention to food containing large quantities of vitamins rather than ingredients pampering an abnormal appetite.

**R**ELISHES: radishes, celery, olives, green onions.

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**S**CULLIONS, shives, leeks, yarrow and parsley are fine appetizers.

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**A**LBUMEN or gum arabic, dissolved in rain water or distilled water, as next best, used by invalids to tone up the stomach.

---

**L**ET us partake of our food with sincere and thankful hearts, for only in a happy and contented state of mind will the process of assimilation be carried on successfully.

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**B**READ in form of muffins, gems, bannocks, popovers, griddle cakes made from ground whole wheat, rye, barley, corn and rice flours, are delicious accessories to spring menus.

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**W**HOLE wheat may be baked, steamed or raw-soaked. Ground, it may be made into gruel, mush or eaten raw, while made into all sorts of bread stuffs as above mentioned, will answer all demands.

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**F**OR salads there are an endless variety of greens to choose from: endive, chicory, dandelions, watercress, peppergrass, calamus, mustard, fennucky, spinach, and so on.



## Ainyahita and the Shadow

---

**I**N these days of commotion our minds are quickened to the Thought-waves crystallized unto patron saints of the days gone by that we may benefit through the experiences made in the past and be spared repetitions in the future. In connection with the Apocalypse the Pearls of Ainyahita offer the key which unlocks the many difficult passages in Revelation, disclosing the Plan of Salvation and that of the Redemption of the Earth. The aspect grows clearer as we conceive the three great Steps or Chapters in the Stupendous Drama of the Infinite Realms, depicting the operations of the One Hundred and Forty-four Thousand who have the Father's Name written upon their foreheads, that thus they may carry out the Designs of the Infinite with absolute certainty. Once the Creative Energy has become exhausted in the progress of Creation, the Second Chapter or that of Evolution opens, only to reach its height and with it suggests Perfection, followed by and accompanied with the Thought of Immortality, as the latter is not possible unless man has stripped himself of all satanic influences. True he must first go through all the tests of fire and the sword until exhausted he will acknowledge the Higher Leading which comes from those into whose hands the Wheel of Chance is entrusted.

The Chapters four and five of Pearl Twelve will recall to us all many a golden Thought leading into channels of Revelation.

The following are short quotations from Pearl XII.:

"Canst thou not manifest in human form, then, O Angro Mainyus?"

2. "Not in a form I could call my own. I and my partners can only take possession of those in manifestation by whom we are made welcome, and through them we perform their part of selfish motives. Wherever we succeed in reaching the desired ends culminating to their destruction, prompted by free choice and agency, our own salvation is assured and hastened, a salvation that depends upon the destruction of those disobedient to the order of creation."

3. "And who are those whom thou hast power to take possession of?"

4. "They are those of my association who in the event of time turned away from us, and isolated through counter-creation, repented of their ways and eventually were permitted to enter the Wheel of Chance, but born into human flesh before their allotted time, they became anxious to make good the lost opportunities of the past, and without thought of consequences seized their chances, working their ways into positions of authority and government, swaying the scepter of power over saint and sinner alike. Those are in our

charge, and we are duty bound to promote their plans of fiction and illusion with all the cunning devices at our command, that through the maturity of their destructiveness the day of our release may be hastened, as the death of an unfaithful servant is the life of an unfortunate demon, who believes in the power of God and trembles for his soul, while the unfaithful cares neither for the Lord nor the devil, only in as far as he can use either for his selfish ends."

5. "Angro Mainyus, thou speakest as if thou disapprovest of thine own plans and means."

6. "Ainyahita, I once favored the plan because of my inability to foresee the future, but I do disapprove of the means used by my associates and their numerous agents. True, I hold the position of authority, but could I hold it if I stood alone? Would I be in authority if there were none to create it? I am but an answer to a demand. I myself am not anything, and yet in majority I am everything. Still I am not a reality. I am but the shadow and yet the scare unto all who created my position. Such a position is a most strenuous one, and those in Earth authority, like unto myself, are only the tools for the furtherance unto destruction of those doomed to die the second death, to pass through eons of time as blind forces, never to return as factors into the design of Mazda. May it come to me that

I myself be spared to ever strive for authority lest I forget my relation unto the Lord God Mazda. Yea, I believe in the possibilities of God and tremble at the recollection of our once cherished Association. May Mazda be rejoiced and His Associates continue to be victorious until upon this entity of mine the rays of that most glorious morning shine that holds for me the much longed-for release and after many days bring Rest and Peace."

---

## "I live: ye may live also."

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WITH the *Realization* of *Life* comes also the elucidation of the object and meaning of the same. No longer then is our existence upon the earth one of aimless drifting—a mere expression void of meaning—but a grand and sublime purpose; fraught with *living issues* that are indeed worth the while.

To make of this life a thing of beauty and a joy forever, we must blot out from it all littlenesses and personalities, rising to those eminences where we may breathe in the pure ambient air of inspiration.

The Revelations that have come through Inspiration alone live; imbued with the essence of life they represent the Living Word of God. Neither time, incident nor causation can obliterate them; thus the simple words uttered

by a conscious Soul, will continue to impart the quickening fire of the Divine Spirit, bringing Light and Immortality to life.

The words uttered by our Savior over nineteen hundred years ago, are reuttered to-day with the same electrifying power with which they were spoken by Him after He arose from the sepulchre of death. The grave of disintegration could not hold that triumphant Soul and with a recognition born of the consciousness of having conquered the world, the flesh and the devil, we behold Him rising in the Sovereign Majesty of His Royal, Kingly Spirit, with all the Glory of Heaven-born Light, shining with transcendant brightness of a midday Sun, declaring: *"I live and because I live, ye shall live also!"*

O, Blessed Thought! O, Glorious Thought!  
And O, how sweet it is;  
That in the Presence of our Lord,  
We dwell in Eternal Bliss!

## An Easter Thought

---

WHEN the awakened Soul feels the burden of restraint and the tortures of unrest; when the darkening clouds hang heavily over the bowed head and the storm threatens to descend and sweep away from its appointed course this white-winged messenger of the Gods, then is the time of all times for the tireless soul to lift its gaze upward and with dauntless faith and spiritual aspirations, find utterance in these words: "Not my will but thine, O Lord!" Thus trusting, fearless and brave, facing the adverse winds that ever and anon sweep ruthlessly over the waters of the sea of life, the bright star of God's Eternal Truth will penetrate the gloom, awakening hope and impart to the storm-tossed Soul an abiding faith which sees beyond the noise and tumult of the beaten waves, the harbor of safety and the golden shores of Peace—Peace, Blessed Peace! Deific Benediction, that finds repose in hearts redeemed and guided by God's love through cloud and storm, as well as through sunshine and joy. In it all, the Soul beholds the purifying *fire* consuming the dross; sees in the ocean of struggling elements, the healing waters of regeneration, where the stains of sin are washed away; where the pains of affliction are soothed and comforted, leaving the Soul pure and innocent. Ah! yes, my



Soul, if thou would'st know the joys of Resurrection and Life Everlasting, bathe in the Deific Glory of the Divine Radiance and be brought face to face with the Eternal Christ-Presence, thou must count no sacrifice too great for this Supreme Quest. Deep are the unworded soul-struggles, known only to thee and thy God. The way is straight and narrow and many are the souls whose wandering feet falter; many fall by the wayside; others are lured by the mirage of false teachings into the desert of banished hopes and false ideas. The faithful ones of unswerving purpose; unwavering will and lofty ideals, are lead along life's ascending path toward the Mount of Realization, whose eminence melts into the glory of God's Sun-clothed Day.

May the quickening spirit of God's almighty power breathe into the souls of His Elect, *strength*, to break away from all that holds them earth-bound; responding to the glowing ray of God's indwelling light.

For God is Light  
And whosoever abideth  
in His Light  
In them will God abide forever.

# The Causeless Strife

---

One night I had a dream - - - so real,  
It chilled my soul with the chill of steel.  
A million beautiful babes passed by,  
Their rose-bud lips and angel eyes  
Were fashioned for naught but paradise.  
Whither their way, and their future pray?  
I called to their guide and to my dismay,  
"Food for cannon" was all he'd say.

Again I dreamed, and I saw as it seemed  
A million rollicking, radiant boys.  
A million shapely boys I ween,  
(No nobler sight can ever be seen.)  
Their mothers' joy, their fathers' pride,  
The hope and care of their teachers keen  
And I asked of fate what shall *they* be.  
"Food for cannon" answered he.

I dreamed again, and lo! a train aflame  
With a million stalwart lovers fair,  
A million husbands and fathers now  
And in each face and on each brow  
Were the baby countenance they wore  
Back in the days when I dreamed before.  
Each rugged frame and God-like face  
Were the very ones that in boyhood's grace,  
I had seen trooping merrily home from school  
And I laughed at fate and his potent grim.  
Saved! Saved! I cried, no cannon's din  
Can scatter their lifeless fragments now.

No bullets more shall pierce their parts,  
No bayonets at their eyes shall dart,  
No cassion wheels cement in clay  
The blood now coursing in each heart.  
Behold! The power of love and home  
Its gentler ties, its stronger right,  
Kings, Knights and Nobles hence must bide  
The *will* of home and fireside.  
Content with his own confines,  
The husbandman and toiler brave  
Shall scorn to fight for "boundary lines",  
Or be a Monarch's target, slave.

Methought then a wraith from a thicket flew,  
She cried "not yet" as on she came  
"Greed still is King", and then I knew  
They'd be "*food for cannon*" just the same.

I walked abroad in darkest night,  
A million bullets rent the air,  
Ten thousand shells burst in my sight,  
Then heaven opened and a flare  
Of light that showed *the world* to me,  
Disclosed poor Antwerp bleeding, dead.  
Fair Rheims and noble Leige, a pile.  
Famed Brussels and distraught Louvain,  
And oh! the hosts in that sad train  
Of bleeding, bursting human hearts.  
A second flash lit up the scene  
And such a light may come I ween  
To all God's world, now so distraught,  
The light of reason, knowledge, thought  
And by this light I gazed apace

Upon each sacred form and face  
Of all those million men who lay,  
Butchered and bleeding, crushed and torn  
For they had all been known to me  
As prattling babes, as prankish boys,  
As lovers proud and husbands true.  
I gazed and in their fragments saw  
Their dimples, songs and glances warm  
Now cold and lifeless as leaded stone.  
And strange, there was no space or gap  
Between their place at mother's knee,  
At teacher's desk, at altar rail,  
Or reading of "The Daily Mail",  
That taught the foolish lies which led  
Direct to bivouac of the dead.

The *cause* of Europe's causeless strife  
Lies in what *we* do every day.  
The Epaulets on baby shoulders laid,  
The toy-sword and tin cannon's luring wiles,  
The stories of the deeds of war-like men,  
And *battle hymns* in nursery and school,  
Debauching childish minds with false ideals.  
With "*glorious bloodiness*" we fill their souls  
Forgetful of our debt to peaceful men,  
And then as 'twere in fiendish thoughtlessness,  
We debauch *prayer* and *education* too,  
Till school, church, press, each take their part  
In this campaign of common butchery.  
Is this democracy? Or are we still  
Unthinking pawns! Automatons! Engaged  
In parts assigned by kings of long ago?

Who, needing men as targets, in their greed  
Instructed school, church, press and home  
To turn out heartless, brainless, *fighting men*.  
And fail not at their peril to instill,  
The monstrous fetish of the "*boundary line*",  
That Monarchs rule by sacred "*Right Divine*",  
A place to be reserved on hell's own brink,  
For those who shall teach anyone *to think*.

Nor in this fault does Europe stand alone  
We differ by an atom or a tone.  
While United States and France Republics are,  
They both 'hark back' to monarchy and war.  
They both pervert their youth with that vile  
thing,  
The ethics and the viewpoint of the king.  
Instead of reason's patriotic urge,  
They still pursue traditions hopeless scourge.  
O'erlooking all the bloody slaughtering.  
*Our* pious congregations meet and sing  
*Their Battle Hymns* entuned to blood and strife,  
Then alternate with prayers for saving life.  
The Germans from the Danube to the Rhine,  
Sing, "Unser faterland mus gröesser sein!"  
In England every child knows the refrain,  
"Rule Brittania! Brittania rules the main!"  
Each toddling babe of France with his first  
word  
Can lisp, "To arms! Unsheathe the avenging  
sword!"  
We stand for peace and sing while standing  
there,

Of "haughty hosts" and "bombs bursting in  
air."

For twenty centuries we've been pretending  
To piety that leads to life unending  
And all the while we've *talked* about "good  
will",

While setting traps our kind to cheat or kill.  
And all the while we've hung and jailed and  
tried

A certain few on charge of "homicide."  
And all the while we've preached to saint and  
fool,

To sage collegiate and to boys in school,  
How heaven awaits the gentle, kind and good,  
While glorifying those who've reeked with  
blood.

We light with *war songs* in our children's eyes  
The fires that make of *them* the sacrifice.  
And writhing Europe having done the same,  
Now pays the price in blood and flame.

'Tis written, Christ came to earth they say,  
That He might teach the nations how to pray.  
But now with Europe on destruction's brink,  
It's time that *someone* teaches us to *think*  
And by the light of *conservation* true  
Cut war-thoughts out of school and family too  
And plan for generations in advance  
To profit by poor Germany and France.

—Parker H. Sercombe.



## Faith

IF there is any one virtue that our Savior emphasized as a prerogative to all vital and positive action, it was the virtue of Faith. To have faith and to exercise that faith, is to fulfill a divine command. Countless blessings have failed to reach their destination, because faith was not exercised with sufficient potency, necessary to claim its own. Faith is a magnet of such proportions that it attracts the *best of all good things* unto those who have the wisdom and the intelligence to exercise this divine quality.

Faith, with true recognition, alone has power to transmute even common clay, into Heroes, Captains, Gods. Faith is like unto the messenger of the Gods—and they who are girded with the alchemy of this celestial seal shall soar thru *fire* and *cloud* to Olympian Heights, companions unto Illuminati, Gods and Immortals.

Poor and bereft indeed is the soul that has failed to give wings to faith. Faith—immortal is thy heritage. Thou bearest the pure untainted livery of heaven upon thy gold-tipped pinions and a thousand, yea, ten thousand fold blest are they who recognize in thee, the angel of deliverance.

The Lord *He* is my shepherd;  
I shall *not* be in want:  
For the Lord *He* is my shepherd;  
I shall *not* be in want.

## A Timely Word

---

**I**T is left to Mazdaznan to solve the economic problem, not only for its followers but for those in the world who would like to change their disintegrating methods of living for those of a constructive nature, if they but knew how to go about it.

For the benefit of all concerned we shall, through the columns of our magazine, give special attention to these demands, as the Spirit of the times will, from time to time, reveal as most essential for the welfare of those who are searching after better ways and means necessary to tide them over the strenuous and uncertain times so fast approaching us.

Many wholesome and nutritious dishes may be prepared by exercising a little forethought and of such an inexpensive nature that no one need suffer the slightest inconvenience from a lack of proper and nourishing food.

For example, we might take wheat, knowing as we do that wheat is a perfect food and that man can thrive indefinitely upon it. There are so many ways of preparing this wonderful product of nature, that were we to be shut off from access to all other kinds of food, still we could be perfectly happy, knowing we were well provided for.

Wheat forms the basis of food for the white race. Rice for the yellow race, as Corn

for the black race.

To our illustrious Master, Zarathushtra, are we indebted for this basic food, the wheat; for it was through His ingenious mind that the wheat was made and perfected. Wheat contains all the necessary substances required by the different elements comprising the human body. Wheat as a cereal has no equal. It contains substances, nitrogenous, phosphatic and carbonaceous, making it equally good for all temperaments. The finest wheat is grown on American soil. Wheat is the veritable *staff of life*.

One reason why the health of the American people is disintegrating so rapidly is the fact that the nutritious substances of wheat are removed, leaving a little more than starch, from which is made the ordinary white bread. Bran and middlings are sifted out and fed to the animals, who thrive most excellently on it.

Next to wheat comes rye, then barley. Rye is lacking in phosphates while barley is poor in starch. Corn and oats are to be used only in cold climates and then sparingly as they are too heating. They are intended as food for animals rather than for human beings. In another column may be found some hints necessary to aid in daily menus.

## Spirit of the Times

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MUCH controversy exists in the minds of the people of today, as to the exact meaning which these words are intended to convey. Yet if the words themselves are used to elucidate their import, one can readily see that they hold a deeper concept than what is generally attributed to them. However, this is generally true of subjects that contain within themselves certain fundamental principles. Then too, the minds of the people of today are only too often found to be of a vacillating, unsteady tendency, touching only the surface or shallow side of life's enigmatical problems. Particularly is this true of Americans, where the thought of commercialism permeates all classes.

Looking out upon this great world of manifestation, we behold nature most gloriously expressed and the thoughtful mind naturally queries, how and from whence is all this magnificent array?

The *intelligence* and *power* governing these vast operations of nature lie hidden, unseen and unheard; but who is so ignorant as to deny the existence of these potent energies. And thus it is that in the "spirit of the times" we behold that ingenious thought-force, being projected upon the waves of culminating time with great vehemency and power. Even the

most *dense* minds recognize the fact that "these times" are entirely different from any which they have experienced in the past. Everywhere may be observed the great unrest, like a foreboding spirit hovering about and many are heard saying, "O, what is there in the atmosphere that is so depressing?" One special qualification with which the "spirit of the times" seems imbued is that of adjustment; the sign that precedes it is one of destruction. God created all things in exact order and symmetry; but man through his wantonness, has inverted the laws of God and Nature, thus bringing about a state of chaos and confusion, breeding ruin and dissolution. That the world be not utterly destroyed, we behold the "spirit of the times", thrusting in the plow-share of adjustment, that wherever the motive power of *pure endeavor* is found, even though seeming evil prevails, this magical plow-share transmutes all into good and better.

We might define the "spirit of the times" as the *guiding hand of Providence* leading mankind safely through the night-time of ignorance and superstition, into the light of understanding, aiding man to regain his foothold and to again take his true position as becomes the highest manifestation of God's intelligence on earth.

Mazdaznan is here to aid whosoever will, in keeping pace with the "spirit of the times", through the quickening power of Breath. And

to this end we exercise on the Breath; diet on the Breath, calling out the attributes of mind, soul and spirit, that through the development of our higher intelligence, we may offer to the world examples worthy to be patterned after and thus prove that the Mazdaznan methods are all that is claimed for them, redeeming man from the errors of a wasted life, blighted hopes and shattered ideals.

Health, wealth and happiness lay as a gift in the hands of one and all. We have but to apply the beautiful Teachings of Mazdaznan to prove their efficacy in imparting Health to the Body, Peace to the Mind and Solace to the Heart.

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## The Sign

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JUST as in the days when Jesus walked the earth, expounding the great precepts of life, He declared, "It is a wicked and adulterous generation that seeketh after a sign."

The same conditions exist today. Again these same truths have and are being, propounded and expounded by our humble Master, upon whose shoulders has been placed the great mission of bringing to this Western Continent—destined from time immemorial to be the Savior Nation—the great Zoroastrian Peace Message.

Thousands, yes, tens of thousands, have sat



under our Master's exposition of these life-giving and life-preserving teachings, as he poured out upon them in over-flowing measure the wonders of the Mazdaznan mode of living, through its art of Breathing and Science of Living. A method as old as life itself, all-embracing, all-comprehensive, revealing the Infinite Intelligence hidden within the entity of every being and which may be called out in the form of countless gifts, talents, attributes and endowments, which are to enrich and beautify the pathway of life; while blessings, blessings, naught but blessings, shower down upon the humble followers of Mazda. Such is the destiny of the faithful, the true; those who have had the grace and strength given them to be steadfast to the end; faithful until the great work of redeeming the body has been accomplished.

The faithful ask not for a sign, but the doubting and those filled with misgivings are even now, just as of old, asking for a sign and for the benefit of these anxious ones we quote the sayings of the Blessed Christ:

"And as he sat upon the Mount of Olive the Disciples came unto Him privately and said, Tell us when shall these things be? And what shall be the *sign* of Thy coming and of the End of the world?

And Jesus answered and said unto them: This gospel of the Kingdom shall be preached in all the world for a witness unto all nations

and then shall the end come.

When ye therefore shall see the abomination of desolation; spoken of by Daniel, the prophet, stand in the holy place, (who readeth, let him understand).

Then let them which be in Judea flee into the mountains (spiritual exaltation).

For there shall be great tribulation, such as was not since the beginning of the world to this time; no, nor ever shall be.

And except those days be shortened, there should no flesh be saved; but for the Elect's sake those days shall be shortened.

Immediately after the tribulation of those days shall the sun be darkened and the moon shall not give her light; the stars shall fall from heaven and the powers of the heavens shall be shaken.

And then shall appear the sign of the Son of man in heaven; then shall all the tribes of the earth mourn and they shall see the Son of man coming in the clouds of heaven with power and great glory.

And He shall send His Angels with a great sound of a trumpet and they shall gather together His Elect from the four winds, from one end of the heavens to the other.

Verily I say unto you, this generation shall not pass till all these things be fulfilled.

Heaven and earth shall pass away but my words shall not pass away. <sup>¶</sup> *Sel. -- Matt., ch. 24.*

## The Holy Mount

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IN these days of awakening, amid the world's strife and contention, is seen thousands and tens of thousands of eager souls endeavoring to break away from the conventionalities of old and worn out customs and with unbounded impetus, they would with almost a single bound, scale Jacob's "Golden Ladder." Each claim their God-given right to choose the "path" that leads hither to the sun-kissed heights of the Holy Mount. Various and many are the *paths* that may be chosen; and the impulsive soul only too often makes its choice by what may be mere incidental, rather than the use of logic, reason and discrimination; hence their feet are only too often caught in the meshes of a network that may require an eternity from which to extricate themselves. Here we see the old adage more than verified: "Fools rush in where angels would fear to tread." To trifle with God or His Sacred attributes, must call down a condemnation fraught with unmitigated woe and disaster. The Bible furnishes many incidents that corroborate this statement; where great cities, even continents were destroyed, due to the visitations of God's avenging angel, for having profaned their holy gifts, talents; uncovering the sacred mysteries and materializing spiritual powers. For the violation of the

Holy Order, the ancient cities, Sodom, Gomorrah and Babylonia were destroyed. With what fore-thought and consideration should we then approach the Holy Mount. Again, it would be well to follow the guidance of our Blessed Ainyahita as she declares that "in accordance to the submission of my will unto Thine, O Lord, Thou art able to deliver me and I gain power to fulfill my trust." Blest are those who, through faith, are found trusting in the grace of God, for "my grace is sufficient", says One.

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### **Fireside Chats**

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IF "the minimum wage of sin is death" can it be that the maximum of it is life as we find it in society today?

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ARCHBISHOP Von Hartman contends that the Kaiser will win for Germany and Cardinal Mercier begs to differ, but that is only natural as in the days of voidness of wringers it used to take two washerwomen to wring out the wet sheet before hanging it up to dry.

---

THE reason the revolving of the Prayer wheel for Peace was set several months hence and into Passion week was to give the rowdy element ample time to mop each other off the floor of the earth and give credit to "sweeping prayers."

---

THANKSGIVING Day, Christmas and New Year have passed; Passion week and Easter is before us while the war is still on. Can it be that this bloody Drama will continue into and beyond the Ascension Day?

---

THE millionaire who paid a negro \$5 to put back into the ocean a turtle, surely did not do so because he had an aversion for turtle soup, but because he did not like the looks of that particular turtle. Some mean people would say he perchance did not like the color that handled the turtle.

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Now that the Polish element got into the Jesuit College, it may make some impressions on the German and Latin element that had sway for some time. At any rate it will make some change either in the college or upon its leader.

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DURING the Russian-Japanese war editorials asserted that the bravery of Japanese soldiers was due to the fact that they were *non-meat-eaters*. These same editors today tell their readers that the Belgians lost out because they were *non-meat-eaters*. Any sane-minded man will have to admit that the Belgians have done admirably and rather surprised the Teutons with their vital efficiency. Modern scientists assert that meat makes a dog or a man irritable, but gives neither courage nor endurance, both of which are essential fighting qualities. Attention is called to the fruit-eating gorilla as the most dreaded fighter in the African forest.

Not a lion is found in all the region where this great forest man reigns, untamed and untamable, a real king of beasts. The lion, the traditional king of beasts, fights when brought to bay only because he is short-winded and cannot run away. Every experienced hunter has borne testimony to the ability of the grass-eating bison as a most courageous fighter, with few equals.

# Greetings from Our Master

Our Dearly Beloved Associates and Saints of Mazda:  
Be Happy and of Good Cheer.

As the train is winding its way along the banks of the Feather River with towering mountains on either side, covered with the lofty pines characteristic with the altitude of a northern breeze, our eyes watch the flow of the feathery stream, the plume-like ripples and currents, rapids and dips recalling to our mind humanity and its ceaseless motion toward its destiny within the ocean of Eternity. Within the river-bed there, we see boulders, great and small, high and low, majestic at times, insignificant at another time, still each and every one of them suggesting a spirit of defiance. But then, as we look at the easy flow of the heavenly dew-drops in that River-bed of Life, we find that all the obstacles within the path of the flow are readily overcome. True, it causes a fizzing; it sizzles and stews here and there, still the course is in no wise stopped, on and on the waters flow, impelled by a higher consciousness than that of the stern boulders, rocks and pebbles. These are like the conservatives in human society that desire to pose as examples of immovability. But with it all they remain a hindrance to progress and to themselves. On and on life must flow; ceaselessly it must move, changing its position in the course of nature that in so doing it may become true to the task entrusted. Though changing our focus frequently, and such is our blessing, we are nevertheless bound for that endlessness of Eternity, that vastness indescribable and infinite. What a priv-



ilege to have the power of changing one's focus and still be conscious of the goal. And again while in the race of time one or the other ripple is momentarily held by the boulders, another ripple is given a chance to flow by quickly, causing a momentum which gives place to the former ripple to regain its force of flow, and laughingly they all glide through the current, minding not the conservative sternness of self-imposed sternness on the part of the boulders or the mountain sides that claim them. And even the mountain sides we see are being washed by the waters of the melting snows prompted by a desire that spurs them toward the river-bed when in company with their own kind they may flow on and on toward the goal, to be received by the Father of all the Waters—the Ocean—as is being received the Prodigal Son by His Father of the Heavens.

With Blessings of the Lenten Season's approach,

**MASTER.**

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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# Conquest of the Soul

---

Read in the Sacred Story;  
What more doth it unfold,  
Besides the pearly gateways  
And streets of shining gold?  
No temple hath that city  
For none is needed there,  
Nor sun nor moon enlighteneth;  
Can darkness then be fair?

Ah, now the bright revealing,  
The crowning one of all!  
What need of other sunshine  
Where God is all in all?  
He fills the wide ethereal  
With glory all His own;  
He whom my soul adoreth,  
The Lamb amidst the throne.

Oh, heaven without my Savior  
Would be no heaven to me;  
Dim was the wall of jasper,  
Rayless the crystal sea.  
He gilds earth's darkest valleys  
With light and joy and peace;  
What, then, must be the radiance  
When night and death shall cease?

Speed on, O lagging moments!  
Come, birthday of the soul!  
How long the night appeareth;  
The hours—how slow they roll!  
How sweet the welcome summons  
That greets the willing bride.  
And when my eyes behold Him  
I shall be satisfied.

## SERMONETTES

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**S**INCE history repeats itself then why be so anxious to add to its pages the same theme. It would be better by far to use one's ingenuity in reclaiming the earth.

---

**A** NATION composed of all nationalities must remain neutral if she desires to prove her worth and superiority to any nation separately considered. We must adhere to the scriptures: "Prove all things and hold fast to all that is good."

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**G**OD so loved this world that He gave His only begotten Son that all who believe in Him may not be lost." No doubt we can appreciate this passage by far more now that we see what sovereigns do and what a price they pay to save themselves.

---

**M**AY the month of May with its blooming fields and gardens call us to return to nature and help to reclaim all the vegetation toward its highest possible state that there may be greater variety to select from and until every one of God's vegetable creation may turn into the leaves of healing; yea, healing the nations.

**E**VEN from war one may make deductions profitable to life.

---

**T**O strike it rich we sometimes have to dig deep and often. He who finds a gem on the surface never enjoys it long.

---

**T**O keep our relations individually as we do collectively, will make the Stars and Stripes to be seen and felt by all the nations.

---

**W**ITH the "Declaration of Peace" it is like with the confession of "mind thy own." Both are easily spoken of but not so readily attained to.

---

**I**N our fancies and imaginations we see so many lumps of gold that we miss the little nuggets that are strewn about us in the daily walks of life and thus remain prospectors only instead of magnets.

---

**H**E who confines himself to the company of a few select friends will soon come to sorrow. Let this lovely world rejoice you—from the pebble to the rock; the grass-blade to the flower; the dewdrop to the stream that empties into the ocean—caring not as to its plane, knowing that everything moves on to Eternity.

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## SEASON HINTS

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**S**MALL fruits are best used in form of juices. It is the juice that is of value.

---

**M**AYBE dandelions are a little tough; if so, steam them. The roots make a fine drink. Dry them; roast them, then pulverize and steep in water to taste.

---

**F**RESH radishes, shives, leeks, onions, lettuce, endive, chicory, asparagus, watercress and many more salad stuffs are most plentiful at this season.

---

**A**LL kinds of baker's ware are proper, providing no yeast or baking powders are used. Fresh flour, some buttermilk and elbowgrease will make a light batter.

---

**T**HE milk cure is in order and followed judiciously for five to seven weeks, using sufficient *green* foods to eliminate any animal tendencies, will prove ideal, assuring the results desired. No *one* thing in nature can accomplish a complete cure. We must make some concessions and use good judgment.



**T**o keep on the safe side it is best to use the grains in their natural state and without turning them into sponge.

---

**T**o oxygenate the system so as to chemicalize the nerve-ganglia get perfume-laden air and eat aromatic foods. Always remember that the mind must attend to the movements of the body and no part of the body dare move or tense unless so determined by the mind.

---

**A** QUICK shower or a plunge first thing in the morning; a run in the open for a few minutes; a final rub of the body, will do more toward the reclaiming of the body than all the high-faluting or new-fangled systems of health culture.

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**I**T is not the amount of work you do with yourself, but the little done with understanding. In case you do not have the stamina, then seek company and go through the exercises mutually.

---

**P**ERHAPS you are over-particular when you arrange that salad. Remember, that worm and germ strewn vegetables are not to be used in the first place. If the vegetables are fit for use they are worm and germ free. There is no need to wash vegetables. Simply wipe them well, as the little sand and

soil that sticks to the vegetables will not hurt you. You should have just so much sand, soil and composition anyway. You will find that a carrot, pulled out of the ground and wiped, not only has a finer flavor but performs the duty assigned to it by nature. We should seek opportunities to graze in the field, eating the herbs as we find them; and be turned loose in a strawberry patch, a raspberry garden, a cherry tree and pick over the truck garden the things that appeal to us. Perchance our sense of selection may grow upon us to an extent of ever thereafter to sense just what is best for us.

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**P**ERHAPS a drink from a cooling spring would be better than all the drinks we can compound in the kitchen. If drink we must, why not select the juiciest fruits and vegetables as nature best distills the liquid required for our good.

---

**C**OLD damp days are times when a good vegetable soup is enjoyed. For thickening use either rice, barley, oats or wheat. Stock can be made of all kinds of vegetables, chopped fine, placed in plenty of water and allowed to simmer *slowly* for several hours. Flavor with a bit of garlic or leek, onion, shives, etc. Season to suit taste. Several spoonfuls of olive oil to be added when first placed on fire.

## Christ is Risen

---

**N**OT *has* risen, but *is* risen. Therein lies the victory of a follower of "Christ is risen." Like the hypocrites of today, the pharasees of old thought Him dead and with it the torment of their conscience ended. But like a thunderbolt from a clear sky came the Message: "Christ *is* risen." Yea, He *is* risen even this very day; for whomsoever recognizes the possibility of Perfection and sees in nature the handiwork of Infinite Perfection rises with the objective in space to that realization that assures to the spirit peace, to the soul solace and comfort to the heart. Christ *is* risen for Christ is the Light of the world and Light *is* Life. Everything in nature breathes the spirit of resurrection clothed in the garment of purity and perfection; each and every thing holding fast to the attribute of trust as imparted through the process of evolution and the corresponding relation of creation.

Christ *is* risen! even the very battle array and armament of nations declare—although the means used still moan the rabble's diabolical cry, "Crucify Him." But Christ is beyond them. All the ingenuity of the murderous holocaust and cataclasm of base fiction cannot silence the message: "Christ *is* risen!" He did not rise for the sadducees, pharisees,

essenees; He did not appear to the gorgeously arrayed authority mongers and creed fabricators. He is to be found only among His own. "Christ is risen" shall continue to be the comfort of the women weeping at the sepulchre of their loved ones, snatched from them by the despotic, tyrannical hand of authoritative institutions. "Christ is risen" will continue to be the inspiration struggling for liberty and freedom which alone assures man of the success to be attained through the exercise of one's God-given talents. "Christ is risen" comes today stonger than ever, for the stone of superstition has grown in weight since the apostolic days and a more powerful, ingenious hand is necessary to remove it, so as to catch the comforting message: "Christ is risen."

### Setting There

"No army moves without a screen of scouts and patrols to expose and uncover the traps set by the enemy. But the army of the young moves into the battlefield of life absolutely ignorant of the dangers lurking in the exercise of a natural instinct. To expose these dangers, to warn idolescence of the consequences of sin and transgression, to minimize results of the social evil and to protect the unborn generations, these are the objects of Social Hygiene."—*Sunset*.

men. True, as we have said, everything in this present issue involves problems of decades and it is not an easy matter to determine on which side the fault lies the weightiest. We can only say that everyone of the nations engaged are at fault and none can be excused. But whatever the one perpetrates it is only in answer to the thought of the other. Each one displays all the ingenuity at command to outvie each other even unto final exhaustion. These theories advanced as to what England should have done, Germany ought to do, Russia might still propose and France can do, remind one of the babbling of babes. Neither the one nor the other can do anything but to continue in the fight to the bitter end. This is no child's play and no one dares to make the slightest move toward a compromise. Two great things will evolve from it all: first, the greatest efforts toward inventing most powerful murderous instruments; second, awakening of the greater majority of human kind to the realization that it is folly to continue in a path of sin. In this way man will determine the necessity of taking life into his own hands and entrust it neither to king, priest or physician. Man will realize the necessity of using his God-given talents to the greatest possible advantage: "To reclaim the earth, turn the deserts into a paradise; a paradise most suitable unto God and His associates to dwell therein."

## The Black Hand

WHILE Europe is dyed in blood and creped in black, wailing and lamenting, there is a hand that attempts to reach the walls of the White House and do some writing by which it may set into panic all the heads of a struggling nation and fan the flame of class-distinction and class-consciousness to the citing of a religious war. It is the Black Hand that has no promise but that beyond the grave, knowing that no law can reach it over there except a divine principle in which they do not believe now. Will it be possible to stay that hand? If we could learn our lesson from observation rather than the bitter cup of experience Europe has to sip--yes! But we are not gaining our calm as readily as might be expected of us. There are too many undeveloped tendencies in our midst that can break loose like unchained elements and cast themselves upon us with the ferociousness of a pack of hungry wolves. The greatest danger lies in the fact that these wolves of society move about in sheep's clothing of public confidence, making it all the more serious for the better class to protect itself. Inasmuch as the Great War has become inevitable, even so the ecclesiastical dragon cannot be barred for any great length. It was the thought that nursed the war spirit among the European



powers. The spirit *for* power has been making itself more than evident in the States. We may poohpooh it; shrug our shoulders and call it impossible, lulling ourselves to sleep like the courtiers of Belshasar. One more move and we shall see the writing on the wall. As soon as we can read the writing we shall know that the enemy is lurking about, for history is repeating itself.

---

### **Won't Bear the Cross**

**C**HURCHIANITY or Political Christianity won't bear the cross. It resents the Command of the Savior: "Take the cross upon thyself and follow me." It does not believe in blessing those who attack their fallacies, although Jesus' command is: "Pray for those who persecute you and bless those who derile and curse you." It is not Christianity that has changed, but men love to use the death of heroes to cover their own life of sin and shame that the less mentally balanced may readily fall prey to pretense and claim.

Political Christianity now contends that "religion cannot be without politics, neither politics without religion." What a convenient way to argue itself into position from which to run things for self-aggrandizement and set a barrier to progress and humanitarianism. That same body of ecclesiastical wirepullers has always set its savage teeth against science

and the spirit of the times. It has fought modernism and higher criticism; evolutionary and other developments. It has denounced from the pulpit and the confessional in the days of the rise of inventions, which would ease the burdens of humankind, as works of Satan and hell to deceive the faithful. It has denounced Christopher Columbus as obsessed by the devil and forced abduction upon Galileo Galilei; caused to be burnt at the stake Joan d' Arc and many more things too murderous to mention. That same spirit that incited mob-violence causing the crucifixion of Jesus the Christ, still looms up at a time when the spirit of the times works his way into the minds and hearts of men and would overthrow, if needs be, the very foundations of the earth to gain its end in governing the nations with the rod of despotism. The present situation is indeed a very opportune time to strike the final blow, seeing the nations in great distress. Will it succeed to work its way to the seat of government? There is no doubt but that it uses all the power at command to draw the cords of deception to an advantageous point, but it is too late in the day to subject all the people or to frighten them into its vampire claws. It may empty its slanderous venom upon society for a time, but its days are counted. There are too many strings to be pulled; there is no telling which one and when one or the other may break and then— "Lord have mercy!"

## Springtime

**A**RE you going to be at one with us during Springtime? If so, take daily a salt-spoonful of woodashes and three to six grains of charcoal. Also partake of the diverse violet and herbal salads now upon the market. Make it a law unto yourself to abstain from tissue building foods once a week, that the days of springtime may grow upon you showers of blessings. Do not forget to use all such means that soften the water for your bath. Use sal soda, borax, ammonia and even a little bit of kerosene when taking a hot bath and with the cold water douches or towel rubs use diverse disinfectants. Give attention to the body even at the sacrifice of social and other functions, that you may realize the benefits of a life of thorough purging. Forget not that the little things done with judgment and good reason are most efficacious, while means used in homeopathic doses will aid the high potencies contained in every petal and herb, to eradicate all inherited tendencies. Faith and work must go hand in hand if we wish to get to that point where religion and science become polarized. Spend your Saturdays and Sundays in the woods, and learn that "There are sermons in running brooks; wisdom in rocks and good in everything."

## Wise and Otherwise

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AFTER all, there is too much talk and very little doing. Reversing the general trend would change things considerably for the better.

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ANY institution, from Mazdaznan to Political Christianity, is a hindrance to progress and contrary to the spirit of the times, as long as it dictates to the conscience of man and sets the ceremonial system above human reasoning and makes customs and rituals dogmatic or pronounces beliefs as essential to man's salvation and happiness, be it on earth or elsewhere.

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LIVING the life is not a social requirement but the expression of the individual. You can no more dictate a religious trend of thought than you can force him into a profession, business or a mechanical pursuit. The latter are determined by conditions, traits, tendencies, inclinations and many more almost indefinable features. Even so it must be left to the individual to follow whatever school appeals to him. Any interference will only defer progress, individually as well as collectively. Learn to stand alone and mind your own at least as the grassblade, the flower and the tree, if you can't do better.

IGNORANCE may be bliss, still we are not justified in taking advantage of the simple.

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TOM Paine's Age of Reason is far behind the times, now that we can use mechanical appliances to turn the wayward minds toward higher culture.

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To pray to the Lord on Sunday or just before retiring to bed does not excuse preying upon the good nature of our fellowmen, be they wise or otherwise.

---

THE cultivation of the body and the control of the dynamics will do more toward final emancipation than all the twaddle of theoretic dogma. A body symmetrically lined up with the organs in proper place, has no appetites to cater to, consequently no problems to grapple with. The needs of the body rightly attended, selecting the best in nature, assist the propensities of the mind to adjust themselves, while the psychic powers are more readily called out where the talents of body and mind are used intelligently and nature's products are so improved upon that the higher potentialities of vegetation are retained by a higher organized body. Such is the bread of heaven that intelligence be imparted to vegetation by the hand of man to call out the slumbering forces unto the calling out of the fruit of the spirit in man.

## The Food Problem

WERE one really so serious as to think the subject a problematic one, then but little may be expected in such lines of study. But it is not the food that is the real problem; man alone is a problem; it is he who is given to change and habits. His wanton ways; his stubbornness to yield; his desires and appetites; his unwillingness to select food suitable for his temperament, lead him into paths of bitter experiences. Will he ever learn? Ah, but this is not a subject of learning but that of self-preservation of the consciousness of the ego or individuality. The man who *claims* he lives his life by choosing his foods is not choosing food guided by principle, but controlled by appetites; unwholesome habits, acquired tastes, ruinous not only to him at some stage of the game, but disastrous to those susceptible to the influence of habitual men. It surely takes all there is in a well poised mind and strength of character to live a life of conviction. Man is still in the savage state, due to the environments that have made him such. Still there is no reason why he should not allow his better self to come to the front rather than to cater to inherited tendencies, which make progress not only an uphill task but create obstacles in the paths of others more determined to reach their de-



sired ends. We must sooner or later give way to the spirit of the times whose magic wand has touched many hearts and minds toward revealing means easing the white man's burdens. Yet, all of the inventions made do not suffice to bring about emancipation, salvation and redemption unless every man realizes the necessity of taking life into his own hands and with it the responsibilities that such a life—the eternal life—embodies.

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## There is Some Talk

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THERE is some talk of celebrating Gahanbar at San Francisco'', comes to us from all sides. We wish to say that it is not mere talk. It is a fact. It is *some* fact too, for those San Franciscan Saints know how to go about it all. The arrangements have been completed. The program is in press. Only one more month and there will be quite a pilgrimage to the lid of the crater that has caused much stir some years ago. But out of the ruins of a Pompeian city a Herculean of a metropole has risen with a population determined to push its way through the walks of life. June thirtieth to July fifth, nineteen fifteen, such is the date set for the Saints of God to gather in a saintly city. As a rule it is the cool season of the year and people are seen in wraps, overcoats, gumboots and straw

hats all at the same time, marching down Market Street. For this reason it may be well for some of our timid folks and those who lack the vim of youth to bring their spring overcoats with them. Never mind gumboots or umbrellas as these we can borrow if needs be, although it won't hurt anybody to get a little wet sometimes. For those who have never been to the coast California will be a revelation, while those who have been there before will find things much improved. After the close of the Gahanbar and inspecting the Exposition, with its beautifully landscaped grounds, the most artistically executed buildings, the indescribable color display of ingenious blending, the adoration of all that the buildings and grounds have to offer, all are to go to San Diego, there to enjoy the echoes of a Gahanbar and view the accomplishments of our age at the natural harbor city with its many advantages and future possibilities. The climate there will be found mild, bracing, exuberant, vivifying and inspiring. Many will want to stay there but, like in the case of the Mount of Transfiguration, we have no established abiding place; we continue to seek the future one. And with that we shall find ourselves in the boundless city of Los Angeles that would consider Sacramento one of its suburbs if it could switch the Owens River there. At any rate everything around Los Angeles is Los Angeles and what is not Los Angeles is

not at all according to Apocalypse Revealed. Here we shall all follow our own inclinations as the Gahanbar will be over. Of course we shall all stay as long as we are being entertained and the moment our friends grow weary of us or real estate agents want our money, it is high time to move again, for too long a stay at one place is liable to induce shrinkage to one's pocketbook—and no one cares for a wrinkled face.

But to come back to our subject we wish to say that the Gahanbar at San Francisco will prove the best ever held. Put your heads together and arrange among yourselves routes of travel, the trains most suitable to your taste and whether you prefer direct travel or stop-overs, also as to accomodations. When in doubt ask one who knows all about it.

---

### **Gahanbar Programmes**

THE programme is in press. Ample copies will be sent to the various Centers. Those not connected with a Center will kindly drop postal with name, address and number of programmes they wish for self and friends. Address: Mazdaznan Press, 3016-3018 Lake Park Ave., Chicago, Ill.

# To the Mazdaznan Household

*Salutations and Greetings from  
the Northern Stronghold!*

1. It being the wish of our Royal Master, that letters between the Centers of the Mazdaznan Household throughout the world should be interchanged from time to time, reviewing the progress of the Work and detailing special events and occurrences which may be considered worthy of relation and of interest to the members of the family, we gladly comply. In doing so it is our hope and aim that such "news" by their promulgation, may be the means of linking more closely the "Tie that binds" and that we may be frequently honored by your reciprocal greetings; trusting that as the seasons advance and the Holy Name of Mazda is more widely received, that these "epistles" may prove of increasing value and be of mutual benefit and good cheer meanwhile.

2. Permit us therefore, with this short introduction, to first state that under instructions of our Master, the "Northern Stronghold" have inaugurated an "Archive of Records" wherein an account of our Work, minutely curtailed, will, from Sunday, December twenty-seventh, nineteen hundred and fourteen, at any rate be tabulated, so that the aims, successes, trials and even persecutions of Mazdaznan of our Household at this time may be recorded and preserved, for the benefit and information of the future generations and not forgotten in our eventual triumph. It is our intention to include a brief biography of our Royal Master, parti-

cularly since the foundation of Mazdaznan by him in America; and also a biography of each true and faithful member of our "stronghold." With this object in view and in the hope that if you have not already done so, you may think well to similarly join with us in such record at your center, using such methods as may be deemed advisable, we have thought it would not be taken amiss to tell of our efforts in this connection, desiring that we may in turn be favored with suggestions that will be of assistance to us. A specimen of the questions, submitted as a guide only, asked of our members is annexed; brevity is impressed on all and it is plainly understood that only such data as may be selected, will be recorded; books of "fools-cap" size will be used. An approved and responsible secretary or recorder may be appointed whose minutes and entries should be supervised and confirmed.

3. The principal events of the past winter at our Embassy were two very enjoyable visits with which we were honored by our beloved Master. The first, during the latter days of November and beginning of December and the second from December twenty-sixth to January second. Both were remarkable and will be reckoned of great historic interest as the facts are given out.

4. Presently we particularly desire to mention but one ceremony, that took place on the evening of Wednesday, December thirtieth, nineteen hundred and fourteen, namely the "Blessing of the Canadian Flag", or the red British Ensign with the "Jack" or three Crosses of St. George, St. Andrew and St. Patrick on blue field in upper near corner, and Canada's "Coat of

Arms" on the lower far corner. This was an occasion long looked forward to and desired by our people, realizing as they do the far reaching and spiritual effect of such divine invocation. Some of us had participated in and all remembered, the blessings bestowed upon the Flags of the United States, Germany, Great Britain and Switzerland; and how that of the Germanic States had been revoked on June fifteen last, because of their treatment of our Mazdaznan Ambassador David Ammann; and the official national comment that "no movement having Peace at its basis was wanted in our country to pervert the people." Feeling that it was timely and essential, that the flag of the Northern Stronghold should not longer remain unblessed, we were rejoiced at the opportunity given and the consent of our Master to perform this office. Thus two of the flags, waving over the Savior Continent of North America now together signify the same unity of purpose and the major portion of the destined "Dominion of the Rising Sun" is dedicated to the Lord God Mazda and His Peace. Only by Mazdaznan have these emblems of the two countries ever been consecrated to the glory of the Infinite Supreme. This ceremony and dedication followed a very remarkable and beautiful "Omar Khayyam" banquet given by the family in honor of our Master at the Temple-home and Embassy of Mother Adelia and Daddy Hooper. A large and happy assemblage was present. The floral and other decorations were rare and Oriental as well as seasonable and Canadian; exemplifying the "merging of East and West", as befitted such a Religious and State Occasion. Owing to the exceedingly sorrowful hearts of our noble Empire citizens,



rendered so by the "Great War"—"where brother slays brother", a "house divided against itself"—it was a most impressive ceremony, memorable as well, because it so fully unfolded the wondrous future and destiny of our Dominion in the drama of life. With eloquent and sublime words our Master unfurled the silken emblem of our nation, the folds of which were held on either side by Mother Adelia and Mother Ashoi while each heart present extended with him, their sacred benedictions and high ideals to the flag representative of the "New Freedom and Justice" and the "Glorious Days to come", joining in perfect harmony and as one voice in the singing of our national anthem. This Standard now reposes above our Sacred Altar, casting forth its rays of attraction to our own, significant in its coloring of red, white and blue of the three great realities of life—Matter, Mind, (Divine Justice) and Spirit—a "Triune in Unum." A flag-staff is soon to be erected on the topmost pinnacle of the Embassy, from which our country's Ensign will float day and night, a Beacon to the royal people of our royal city; an object lesson to all and an invitation to "come and see" to the "pure in heart." Truly, great and glorious vistas are being daily opened up to the "Tribe, twelve thousand of the Northern Stronghold!"

5. It was during this visit that our Master expressed the thought that the time was now ripe to attract the "Family of Mazda" living abroad, unto the continent of America so that in due time it might be reunited; and that "fraternal letters", circulated among and to our interested people, would not only be acceptable but a source of revelation and mutual inspiration; a potent

and primary means of effecting this desired end. In every land and continent, we were informed, were members of our pure Aryan Race, anxious of such communication; (that even in Turkey and China our "white brothers" were being awakened and awaited the call); and further, that if they could not be reached by the "written word" or the "encircling thought", ambassadors or envoys would have to go forth and assist them in their decision, pointing the way. Thus to fulfill the Master's wishes, it would seem that those who are at one must work together toward this "emigration of the better minds" to this Savior continent by sending out "Tongues of Fire." This is the "Key-note" of this, the first Millennium greetings from the Northern Stronghold as a household.

6. In our next we hope to tell somewhat of our Services, meetings and social gatherings and the methods humbly exercised in our great and ever-growing task of promoting the all-inclusive and constructive Message of Mazda; also of the latest words of Love and Wisdom as revealed by the Master and which, along with signal events, letters and visits, have proved a source of inspiration and joy, illuminating the Path and its culmination more clearly to us.

7. With blessing of all good things to one and all, in anticipation of your reciprocal and convenient response, which will be most cordially welcomed and appreciated

On behalf of the Northern Stronghold,  
in true devotion to Mazda.

*Ambadress Adelia Mallet.*

Replies should be addressed to  
1063 Mount Royal Ave., West, Montreal, Canada.

## Home Gossip

**H**AS anybody seen Riley", the Master said while in Los Angeles in March. But the party looking for him was on the wrong street and another trip was necessary to find the proverbial Rileys. The father was seen in a "jitney", on his way to the office while Mother Riley and baby were on the porch of their own cute and quaintly built bungalow, awaiting the Master and party for a spaghetti dinner. The baby who was blest at the home of the Græschke's Sunday, March seventh, is rapidly growing and promises to fulfill his mission entrusted to him. Dr. Benjamin Ruth and Bessie Sunshine Græschke were made sponsors. The cord imparted is of the deep green, assuring plenty upon all planes.

All of the gatherings at Los Angeles, San Diego and San Francisco were attended by exceptionally large audiences although no advertizing was done. Denver and San Francisco both enjoyed two visits within four to five weeks respectively by the Master, on his way coming and going. Owing to the freedom in choice and the nonobligatory stand taken by Mazdaznan, all congregations are rapidly increasing in numbers, besides demonstrating prosperity.

To make the midsummer Gahanbar a source of many revelations Mrs. Hewitt and Mrs. Pierce of San Francisco, have been made the executives while Herr Lantz and Captain Joe will look after the commissary department. Committees will be appointed by the executives. The auditorium, banquet hall, kitchen and parlors nec-

essary for the collective work, have been secured and the day after the appointing of the executives one member was seen in the offices of a printing concern ordering tickets, cards and so forth, as the women are the workers and take pride in making the Gahanbar in San Francisco like the Exposition that surpasses the Chicago Fair in many ways.

Taking it on the whole it has to be admitted that the Saints on the Pacific coast are keen to their convictions and use all their efforts toward living the life so as to let their light shine.

Returning to Chicago, the Master at once set to work arranging the programme for the Gahanbar.

All the Saints contemplating the trip to the coast for the Gahanbar, June thirtieth to July fifth, nineteen hundred fifteen, are requested to at once send in their names so as to determine the accommodations immediately. Address: Joel P. Thurston, 3016—18 Lake Park Avenue, Chicago, Illinois.

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### **From Abroad**

THE message of Mazdazdan in Germany is still gaining ground and the idea of *Peace* is becoming more evident. The academic and thinking minds gradually are returning to their mental equilibrium. Most encouraging reports are issued by the center at Leipzig.

AMBASSADOR Gilman Beeler and his faithful companion, Gertrude, are also reporting good results and propose extension of their work to other cities of the United Kingdom. For just a little period things looked a bit dubious but Gilman and Gertrude are now satisfied that "gold must be tried by fire."

FATHER David tells us that Switzerland is growing keen to Mazdaznan and that the Home building is progressing rapidly, all expecting the Master for the dedication.

MOTHER Elizabeth who gives out the message in Scotland sends the most glowing reports and only regrets that not more of our people feel prompted to give out the message. She has realized that a teacher learns to live the life more readily through having pupils.

Owing to limited space other most glowing reports have to be culled and left over.

---

## Spontaneous Combustions

ITS a long way—from having Peace.

---

BUT—with ignorance even Gods struggle in vain.

---

WITH the increase in numbers the world is growing better to just that many.

---

IF war is a human house-cleaning process it is a very disagreeable one even at best.

---

WE may be able to *bring* the sword; but *Peace* is a state we have to *grow* into.

---

SOME people would like to have Peace but most of them are trying hard to discover a happy medium between Peace through Righteousness and War governed by Unrighteousness.

JESUS said, "Place thy sword into the sheath" and again: "for who taketh to the sword by the sword shall perish." It may be well for some of us to meditate upon these words.

---

THE war is over! Over there!

---

IN Germany the poor organgrinder is forbidden to use the bear as the latter too much suggests Russia; but he also has been prohibited to use the monkey as some think it's an Italian Imposition. Don't you dare to suggest a "bull" now that the fight is on.

---

"WESTWARD is the trend of civilization"—viewing the Panama Exposition at San Francisco and the Exposition at San Diego; and by the way everyone who possibly can make it will never regret the visit.

---

"CHRISTIANITY *departed* early from the teachings of the Founder of the religion and *copied* in its *structure* the authoritative and hierarchial arrangements, and in its *doctrine* the materialism of the Roman world. Neither nations nor churches have ever been truly Christian." —Charles W. Eliot.

---

"THE immense moral catastrophe of the war is the last and most convincing demonstration that the great churches of christendom have lost their power to keep man from sin, to guide him on an upward path and to make him happy; for the churches are helpless in the presence of this terrible mass of long-planned, elaborately continued human sin, shame and suffering."

—C. W. Eliot.



## Victim of Clerical Conspiracy

---

**T**HE Watch Tower Bible and Tract Society was held up to scorn because it did not have any hospital work nor draw any revenue from taxation and because the female members of the Society do not visit the workshops of the land weekly or monthly, on pay-day, and exact donations to its work. Our society was held up to scorn also because we do not send a wagon around the city collecting groceries and provisions for the up-keep of our work; because we do not take up collections even on Sunday; because we have never solicited a penny or a dollar from anybody; and because we never have fairs, grab-bags, "chances" or "raffles." Our Society was held up to scorn and ridicule because it offers its literature free to the poor, while other similar Societies charge both rich and poor for their tracts and other publications.

Our home, "Bethel", where some of our Society's workers reside, was held up to scorn—likened to a har-em, and so on. This surely did cut me deeply to the heart. I am quite willing to suffer, if needs be, for my faithfulness to the Lord and His Word; but it gave me great pain that the arrows intended for me did not all center upon myself—that the more than a hundred saintly, earnest men, women and children, co-laborers with me in the Lord's work, should thus be made to unjustly suffer. I can only urge them to apply to themselves the words of the Apostle, "Cast not away, therefore, your confidence, which hath great recompense of reward"; "For ye have need of patience that, after ye have done the will of God, ye shall receive the promise"; "Ye endured a great fight of afflictions; partly whilst ye were made a gazing stock; . . . and partly whilst ye became companions of them that were so used."—Heb. 10-35, 36, 32, 33.

—*Pastor C. T. Russell.*

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## Invocation

---

I behold, O thought Divine, within thy frame,  
all beings and things expressed of every  
kind.

I see Thee manifested upon all sides, of infinite  
forms.

Even in Me,

I see Thee crowned with a diadem of dazzling  
splendor, difficult to behold,

Shining in every direction with light immeas-  
urable like the burning fire of the glowing  
sun,

And were it not for the variation in manifesta-  
tion nothing could exist in the presence of  
Thine involution.

Thou art the supreme, inexhaustible being,  
the end of endeavor and struggle, incon-  
ceivable, indestructible, changeless,

The Supreme of the universe, the never failing  
guardian of man, who is law eternal unto  
himself.

Yea, I esteem Thee.

The world is filled with fear at seeing Thee  
thus marvelously constructed,

And falls before thee into destructibility by  
virtue of its own terror.

Of the assemblage of the gods and those  
sitting in authority, when fear befalleth  
them they flee to Thee for refuge,

And with joined hands sing forth Thy praises  
while the hosts of the great sages, saints,  
prophets and saviors

Hail Thee for mercy for their fellow beings  
and glorify thee with most excellent  
hymns.

Even the redeemers of nations, tongues and  
tribes, all stand in awe, gazing upon Thy  
majesty and are amazed.

Yet unto me thou revealest Thy divine presence  
in simplicity, and also revealest the grand-  
est of all lessons,

That I am one with Thee.

O, thought Divine, thought ineffable, thought  
incomprehensible,

In Thee I live and breathe and dwell, even to  
Thy throne of divinity I reach,

For in Thy presence who am I but Thee?

Thus be it,

And unto this end let all things prosper.

# Mid-Summer Gahanbar

---

## June 30 to July 5, 1915

---

Such is the talk all over the world. There may not be many foreign delegates present at this Gahanbar, owing to the present somewhat strained situation upon the high sea. But there will be representatives and messages there from every headquarter. Above all things there will be a most glorious jubilee. From eleven in the morning until eleven in the evening continuous gatherings are planned. It is not to be considered an overtime arrangement but a two-shift day, as Mazdaznan have outgrown the eight-hour law and promote the six-hour day for labor. In these six days we shall have acquired and attained what otherwise would take years of research and study. What a world's exposition is to the mechanical minds, the Gahanbar is to the intellectual man conscious of the limitless intelligence of human endowments.

Come all ye faithful, joyful and triumphant,  
Come and enjoy with us our Gahanbar;  
Held in San Francisco and in San Diego;  
Come, come and join the faithful;  
Ah, come and meet the grateful;  
Yea, come and make triumphant our Gahanbar!

## SERMONETTES

---

A book of verses underneath the bough;  
A jug of wine, a crust of bread and thou  
Beside me with thy tulip-blossom cheeks  
Is paradise before which kings would bow.

---

HAVE you stepped upon a daisy? Know  
then she's a chrysanthemum who will  
adorn a pretty fairy, to whom you'll the  
banjo tum. Kill it not that humble daisy--  
for she'll rest upon the heart of a fairy who  
with cupid unto thee her love imparts.

---

OUT of the realms of eternal silence have  
issued forth worlds that hold us in awe,  
even so from the depth of our soul must  
emanate the light of understanding that our  
life may become a conscious one, realizing the  
great possibilities while here on earth that  
the future may not be veiled from before our  
sight.

---

WHAT man soweth, that he shall reap--  
may be carried into every walk of life,  
although it is true that many a time  
some one does the sowing while we reap; still  
everything adjusts itself, for again we sow  
and another does the reaping. After all there  
is not a thing, neither a wrong, but that it  
shall be righted at some time.



PERHAPS we shall all have to learn to "be still and know that I am God."

---

BUT there are a lot of people in this world who still expect to find Him there, *there*, THERE!—only to be disappointed to such an extent that they become disgusted to the disgust of others.

---

THE saintliest people were never prostrated before altars, neither do the best people go to church. Apocalypse says: "Who-soever is good, always is good; but the evil ever remains such."

---

WHY jeremiade when Jeremiah died in his lamentations and jobiate all the time when Job after all had to leave his job of fault-finding and return to first principles, recalling to his mind where he was when the morning stars sang together and the sons of God shouted for joy.

---

AND thus out we go into nature to mingle our voice with the song of birds, the laughter of a spring, the babblings of a brook, the whistle of the winds, the rumblings of a waterfall, and bask in the golden rays of the sunlight, weaving the thoughtwaves into a fabric to adorn us upon a still brighter day.

## SEASON HINTS

---

**J**UNE with its flowers tinted in blue to disclose the true in nature.

---

**D**O not pass the buttercup, the nasturtium, the forgetmenot—and pick sorrel, yarrow, nettles, milkweed and thistles.

---

**I**N the fields seek thy herbs and partake of them in accordance to thy inborn promptings or the knowledge you have gained through the study of their virtues and higher potentialities contained in them.

---

**W**ATCH the petals of flowers as their scent emanates with freedom, imparting unselfishly its sweet perfumes to the waves of ether caring not whither, whence or where the latter, prompted by the unseen hand of Vayu, may deposit it.

---

**G**O out into babbling brooks, running streams or the seashore and join the laughter of ripples as with your exposed toes they would play and help you to forget the hours of dismay, recalling to your memory the days when the stars sang together and the Sons of God shouted for joy.

**Q**UICK muffins, gems and popovers are in order.

---

**W**HEN in doubt take a five weeks milk cure but use green salads to keep up elimination. Let fruits alone in that case.

---

**S**OME temperaments thrive best on diverse vegetables, others need to have just so much fruit.

---

**T**HE soft breezes at eventide mankind would ever remind of the whence, the where, the how.

---

**A**LTHOUGH small fruits are plentiful, remember that they are to be used in the form of juices only, if you desire to derive all the benefit for which nature has intended them.

---

**A**SPARAGUS is still on the market, while carrots, beets, green peas, string beans are just the thing. Raw or served steamed with cream gravy will prove beneficial.

---

**C**HERRIES may be used freely and every temperament has to determine the particular kind most conducive to one's benefit. We have the black, the deep red, the pink, the white, the sweet, sour, tart and medium.

**B**ECAUSE of the rise of figures on the thermometer you are expected to go the reverse and lower the barometer of your being by breathing out at length, at least every three hours of the day.

---

**A**NY green and leafy plant of an acidulous taste, like that of sorrel, is of value during the dry season, whether in the tropics or the temperate zone, and of particular remedial effect to those who have a sluggish liver and poor kidneys.

---

**I**NSTEAD of eating just because of habit or belief—take a walk into the country. Take with you a little hand bag containing a small frying pan, a bottle of oil, some flour, a bottle of milk and shakers of salt and sugar. Place your feet into a running brook and listen to the singing of the birds. Consider the process of evolution, from the very protoplasmic to that of the parents in paradise and before going any farther in your recapitulations make a campfire, setting a few rocks so as to support your pan over the flame. In a tin prepare the batter. Whatever herbs your surroundings afford you chop them and add to the batter. Fry this concoction and still your hunger. Commune with nature and nature's God and you shall experience religion, pure and undefiled.

## The Light of Mazda

---

**I**F Mazdaznan amounts to nothing why has it attracted the envy, malice and jealousy of the adverse forces in every land? Are they afraid? Otherwise, why do they rage? For "that which is not built on a rock cannot last." Why, like moths, do they rush to the "Living Flame", even endeavoring without giving credit to the Source, to utilize its infallible methods; except it be to hasten their own destruction? Yet, says St. Mark, "The Gospel must be *published* among all nations. Hence, economical "means of grace" are useful, and are given sway to promulgate, even in a sensational way for a sensational-loving world, the Holy Name of Mazda, that illumination in the darkness may come to seeking and longing hearts in all climes. And firms of repute, also enjoying the free advertising for commercial purposes, use and laud a name, which once heard, is never forgotten—the Light of Mazda. Thus is the greater rebound made certain, and the good cause, the "lamp unto their feet" advanced.

For the haughty, abortive, pervertive, self-satisfied and the timid, Mazdaznan has only time to add a little more oil so as to shock them either into sensibility or that they will not continue to "hang around."

But to the thinker, the searcher, the self-

owner, the pure in heart, the humble man; he who is endowed with open mind truly desires to know for himself the solution of the problems of life, — the whence, why and whither, — feeling confident that though he knows not where further to look, that *now* is the acceptable hour, the best time, to find out what could not be, if not discoverable; to him who dares to "Stand Alone and Mind Thy Own," and follow principle, no matter at what cost; to such the invitation is given broadcast, irrespective of race and creed, to rich and poor alike, freely and without price, to come and see, that they may judge for themselves. Truly, the "Pearl of Great Price," is not for the many; only for those who are prepared to sell all they have to possess it. Yet, why harden thy heart? For there is neither yoke nor burden. But, as ever, pure thought, put into pure living, is liable, by the wise of the earth, to be misunderstood, particularly if based on anything so simple and natural in its way of attainment as breath-methods, and be made the target of unevolved minds who imply, perhaps without knowledge, or on hearsay, evil motive. To be maligned and plagiarized, to be scoffed and jeered at, persecuted and even crucified, without cause; — such is the history of Truth.

The growth of the work has, like that of lasting things, been slow and sure, just as desired. Many have come, rejoiced, lived the life, been made whole or benefited, — then gone.



Yet, the number increases and the wise continue to be faithful; confident that "Mazdaznan shall the password be", and that soon every thinking heart, the true individual who wants to know, will be proud to ally themselves with that which was First, is now the Last, and is again to be First.

—*Guromano.*

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## Religion and Science

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**M**ANKIND is proud of its scientific conquests but this knowledge is in opposition to that tie which supposedly bindeth all—religion. The contrast is about as great as the contradiction of soul to body. Religion and science have not relieved the torments and afflictions of humanity these days, though both combined, ought to remove disease and sorrow.

Mazdaznan recognizes or knows that science alone does not satisfy with its mechanical aid. A science which gives aid can come only from inspiration. Faith is the beginning of all knowledge and it is the *wise*, not the *all-knowing* individual, who recognizes the great laws of causality. Though disease arises from contagion, the wise nevertheless recognize that the internal causes of disease are more deeply seated than ordinary diagnosis would

assume and not only improper food but most particularly unkindness and pessimism due to preconceived notions and contradictory traits of inheritance, but ignorance on the subject of life's source, purpose and destiny are the cause to misery.

Dissection does not assure enlightenment and modern science has not attained to the knowledge which brings happiness to mankind. Knowledge of religion or science alone is not happiness. How can the book-learning of the Theologian promote true happiness to humanity? That which religion and science are neglectful of is—bodily care. They can be compared to searchers who seek information while looking through a dusty microscope. Out in the open nature the best knowledge is acquired. The greatest laws of science, as Hygiene, are identical with the greatest laws of morality and the commandment, "thou shalt not kill!" is a synonymous summons to enjoy only the purest foods. What religion has esteemed as chaste, in reality is but the supreme hygienic claim of the races. To strive for perfection is identical to seeking God! The leaders of mankind have taught us to believe in individuality and the power of the divine personal pronoun (I) in us. Mazdaznan again proclaims this power to us, sends out the Message to the world, pointing out the way.—*Dr. med. Nikolaus Mueller.*

## The Catholic Church

THE Roman church, the Greek church, the Russian church, the Coptic, Maronite, Johanitan, Armenian, Abessynian churches, are just as much outside the Catholic Ecclesia as are the Protestant denominations, sects, cults and societies. Any and every one of them date to some incident, cause or purpose, object or end in view of dissention and separation, neither of them declaring and living the principle proclaimed as essential by the Catholic Union or Ecclesia. Catholic means Universal and universal considers the individual en par with the social or vice versa. They supplant one another and represent both. Catholic is Universal in its broadest concept and term, allowing no differences, treating one and all with equal or the same consideration as science does weights and measures. In Catholicism there is stability, preciseness, accuracy, justice. Any *brand* other than *standard* is *false*. It is just as it is with short measures or weights—it's a *measure*; it's a *scale*; such cannot be denied but when short of the *standard*—it is a *cheat*. There need be no argument as to Apostolic succession; no discussion on mystic possession; no dispute as to redemptory progression. It is enough to know thru the knowledge revealed in the Open Book of Nature and the Written Word in Bible Records of Races and Nations, Cycles and Dispensa-

tions, that God and Man remain so closely related to one another that no other man is required or needed to introduce them. No one was there on Horeb to introduce Moses to Elohim who said, "By my name Jehovah, I was not known to them,"†—the name given to God by the Egyptian Jews. The Prodigal Son had neither king nor potentate, priest nor mystic, to introduce him to The Father, for "The Father saw him coming from afar and He went out to meet him" to make him *re-member* of the Catholic Household of Mazda.

It is the design of the Infinite Intelligence that the White Race, the Aryan Race, having evolved from the yellow, dusk, green, brown and black races, be stripped of all ancestral racial relation and represent God on earth with all the endowments of limitlessness. For this reason the White man has struggled with all races about him and struggled with the inherited tendencies among his own kin and its twelve tribal divisions that he may come out victorious and be free in the execution of his God-given talents, gifts, attributes and endowments that the Kingdom to come may not only be embodied in his daily prayers but his daily efforts in that direction bring about the Realization of the Dominion of God on Earth, where the Ecclesia of Heaven knows of no teachers, priests or deacons, for "God *alone* shall teach."—Selah!

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† Exodus VI, 3.

# Mazdaznan Dima Exercise

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First adjust the position of the body in a manner assuring ease. Throw your chest out and up. Hold muscles of the chest tight and relax the rest of the body. Keep the tongue relaxed and confined to the lower part of the mouth, or roll it up close against the palate, taking care never to tense the facial muscles. **EMPTY YOUR LUNGS** slowly, thoroughly, and until it seems impossible to **BREATHE OUT** any more. That moment reached, **ARREST** all action for **TEN SECONDS** or more. Then **INHALE** slowly, filling the lungs to their utmost capacity. **IMMEDIATELY** after the inhalation, **EMPTY THE LUNGS** slowly as before, and go through the ordeal at least three times and not more than five times in succession, repeating the exercise, if needs be an hour later, and whenever physically discomforted.

The Prayer Formula "Restoration" used orally during the Exhalation, and as an Exercise repeated 3 to 5 times a day, will show a marked improvement in the circulation within 9 days; in 33 days eradicate chronic indigestion; in 49 days check tubercula; in 60 days nervous diseases; in 90 days infections and cancers, following proper Diet.

## RESTORATION

*By the five inflictions imposed upon Thee Thou most holy Zarathushtra, I invoke the leaves of healing from the realms of Mazda, To instill through the power of holy spells, Patience from Thy crown of thorns, Thy chastized body, The nailprints of Thy hands, The woundprints of Thy feet, And Thy bleeding side, That Purity may come to my heart and blood Unto perfect health of the skin and the body, And thus witness as a Zoota the Pure Religion of Mazda. Amen.*

# Mazdaznan Airyama Exercise

---

First adjust the body. Throw out chest and don't move a muscle; draw in your abdomen tightly. Whether in- or ex-haling, keep chest expanded. Empty the lungs. Now INHALE slowly and fully; always inhaling a little more, until further inhalation becomes impossible. That moment reached: HOLD THE BREATH, and hold it for at least Ten Seconds. The longer the better. Having arrested breathing for the longest time possible, EXHALE WITH EASE to the utmost. Now inhale, arrest action, and exhale as before, and continue to do so for 3 to 5 minutes at a time and from 3 to 5 times a day, or whenever mentally and spiritually distressed.

The Prayer Formula "Realization" used mentally during the INHALATION and followed religiously, will stimulate heart and mind, inducing repose; removes melancholia; dispels evil omen. Exercised mornings and evenings, brings good fortune; success; heals the heart; removes fear, planetary influences, witchcraft; unfolds talents, and so forth.

## REALIZATION

*Open, O thou world-sustaining Sun, the entrance unto  
Truth, hidden by the vase of dazzling light.  
Soften the radiation of thy illuminating splendors, that  
I may behold thy true being.  
From the unreal lead me on to the real and unveil the  
magic illusions of the phenomenal worlds that I  
may see the path unto Realization. Amen.*



## The Old Made New

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**K**NOWING how little our Master cares to have reference made to utterances that display his keenness and indisputable knowledge of diplomatic moves among nations, I nevertheless consider it my duty to call it to the attention of those who cannot attend his lectures in diverse countries and obtain literature, calculated to meet, what he calls, provincial demands.

Long before the war broke out he expressed his "diplomatic fear" that in the course of a war, setting practically all Europe into flame, one of the first moves made by Russia would be home rule for Poland and the possible independence of the same, thus curtailing considerably the dominion or power of Germany. His repeated reference to the Will of Peter the Great was never taken seriously and yet how step by step every move betrays the program revealed in that strange document.

He foretold that England would make a rather slow move owing to a deeply laid plot she would have to guard most zealously, so as to be in a position to dictate demands in the event of a treaty.

He felt for Austria and Hungary and their humiliating end; while for Belgium he could see no future. He told in 1911 how he had to touch certain points in Europe at that time

that he may be able more vividly to picture to himself the battlefields. And strange as it may seem, he felt depressed when at Breslau; he looked in the Easterly direction and expressed some fear for the safety of the province. While in Austria he went to Pressburg where in the garden he spoke of the terrors about to be inaugurated. In Switzerland he rode about in autos, apparently aimlessly, yet much absorbed in contemplation and while in Cologne and later in Brussels he thought he would have to run down to Rome, even though but for a day; but it came to him in the meanwhile that perchance the hand of fate might stay a disaster. He rode about Belgium saying there would be little left of it, and entered Holland declaring the latter safe but would not enter the Peace Palace under construction at the Hague, saying it is premature, and went to Paris. Here again a certain restlessness came over him and he ran about the vicinity of Paris for more than fifty miles in either direction "to see how the land lay", as he said and when asked why, he simply said, "Give it no thought; it is unpleasant." While in Ostende he said there would be no need for him to view the neighborhood. He remained in the hotel all day and expressed his wish to quickly depart for England as the air was filled with war waves. He announced his coming to London, England, for the latter part of August, 1911, and among other astound-

ing utterances, said: "We come before you that we might quietly and peacefully consider the situation of things and through good reason and the application of science discover a way out of all the difficulties confronting every walk of life. That there is a great deal of *unrest* cannot be denied. Even *the cry of war* is making itself heard more fully from day to day. That such a state is most disastrous we all agree and *foresee the great danger*. According to present conditions *war is inevitable* and it would seem as if all the civilized nations of Europe were to be wiped off the map. I for one, prefer not to entertain such blood-curdling pictures, but my heart and mind cannot stay the hand of adverse minds robbed of their better reason. Instead of strife to *out-wit each other*, would it not be better economy to have our merchant marine plough the ocean and gird an iron net all over the earth whereby all the treasures that fill the earth be brought to our shores? In this wise all the products of nature could be equally transmuted to all satisfactorily, creating happiness and joy that would *lead to the emancipation of the whole race*. As it is we see nothing but extremes; on the one side there are the rich merchants and manufacturers living in palace mansions, while their accumulators of wealth, the workers and servants, eke out a most miserable existence in hovels that defy all hygienic and scientific measures, recognized as a necessity

for wholesomeness, yet each one of these two classes watch their moves most jealously, fearing of losing out in this great game upon life's battlefield."

Those and many more weightier utterances made a deep impression upon me and they had haunted me while in London until my return to America.

The Reclamation party, as it was known to us, had among others Lady Marsh-Mallet, Tante Theresa, Boobie Maurice, Uncle Carlos, Dr. Curtis Phillips, who will remember the many events and remarkable incidents that cannot readily fade away from a mind seriously engaged in problems concerning a whole race, especially our Aryan or White Race out of which is to evolve the Race Transparent. May our Blessed Master continue to keep us informed until we too have reached the point where we can view the world as he does—from Mount Pisgah.—*Daddy Clemens Pfuetzner.*

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### **"Ainyahita in Pearls"**

I have read this priceless work and found it gems of philosophy and nuggets of wisdom. The conciseness is in itself a marvel and every heart longing for true knowledge should read and study "Ainyahita in Pearls." Allow me to congratulate you sincerely for bringing such a marvelous volume into the light of the world, especially at this time of gross materialism and irreligion. With humble gratitude for having been honored with this noble work I shall continue to study.

—*Dinshaw S. Paowalla.*

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June 1915

## On His Way to America

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**D**OCTOR A. S. Wadia, the great and thorough scholar in Oriental Literature, is on his tour around the world, though the billows of human commotion are tossing high. Dr. A. S. Wadia is in England at present and in a recent letter to Lieut.-Col. Arthur F. Gault of the Embassy in Montreal, Canada, among others, writes as follows:

"Dear Col. Gault:- I received your letter, together with a packet containing a copy of your letter to Dr. Ammann—a man I so much admire and look up to—and your fine address on the "Political and Religious Aspects of Russia." I did not know until I had finished reading the address what a widely read man you were. Your address has besides softened my feelings against Russia whom we in India have learnt to look upon with eyes of distrust.

I was in particular delighted to learn that you and the Mazdaznan in general are so fond of Omar Khayyam. I am passionately fond of him and almost worship him as you will find from my "Fate and Free Will." Though born under the influence of Mohammedanism, he had a strong leaning to the ancient religion of Zoroaster, or to put it more comprehensively the religion of Mazda. There is nothing surprising in this when you consider what a great astronomer the old Omar was and so he needs



must be drawn to the Master-Astronomer, the great polar-star of all time—Zoro-aster. That fine reference to “door” and “key” and their mystical meaning I shall never forget.

“It is most kind of you to suggest my name as a possibility in your party to the great festival—Gahanbar. Of course you know that in ancient Iran, Gahanbars were a great national institution to which all looked with peculiar favor. They fell on the five days preceding the vernal equinox which last was then the New Year’s Day. At these Feasts all, king and cook, sat at the same table and partook of the same food. These great days were a sort of open-air communion to proclaim and avow our common humanity. No distinction whatever was allowed to be made between class and class throughout the extended Imperial domains.

“We Parsees (in India) still have these feasts, but the Gahanbar is now a pure matter of formality rather than a pledge of spiritual unity as it once was.

“The Gahanbar, as you say, is from the thirtieth of June to the fifth of July. To be there on that date I would have to leave England about the tenth of June or possibly earlier.

Yours very sincerely,

A. S. WADIA.”



## “Herrliberg”

---

SUCH is the international password. What to Israel was *Zion*, which stood for “eminence”, and to the Disciples was the Mount of Transfiguration—to Mazdaznan of the Western World is to be “Herrliberg.” Herrliberg means “Sublime Mountain.” Perhaps a better place could not have been selected since Zurich is not only one of the most cosmopolitan cities of the Swiss Republic but it also offers many advantages in absolute harmony with Mazdaznan. Those who show inclinations toward technical training would have to finish their studies in Zurich anyway and with a Mazdaznan Court in the vicinity means everything to a student. Herrliberg and its Aryana Home will gradually develop into a University of highest rank and the day is not far distant when a degree obtained at Aryana-Herrliberg will be equal to highest honors and success. Ambassador David Ammann and Mother Frieda as well as Kalantress Lucia deserve much credit for their untiring efforts, not to forget the many co-workers who are an example to all Mazdaznan in this great venture. It is not a small matter at this strenuous time to launch a community upon this world proposing entirely new themes. Aryana-Herrliberg has become a fact. Only a few months ago it was a dream. Germany

thought of giving Mazdaznan the death-blow when it expelled Ambassador David Ammann about a year ago. This only brought more life into the movement and today it stands stronger, firmer than ever.

The enemies of Mazdaznan may be likened unto the brethren of Joseph who thought evil in selling Joseph into Egypt but lo, and behold, the time is again ripe when these brethren will come to buy wheat from us. They are coming, too.

"Aryana" was officially opened May sixteenth, nineteen hundred fifteen, to which a large train of Pilgrims wandered to view the wonders wrought in so short a time and since Saxony officially notified Vater David that "since he is an American he has no right to be domiciled in Germany." Saxony may have gotten rid of Vater David but his loving thought that introduced the Message of Mazdaznan is working wonders throughout all of the Empire. True, the American Ambassador in Berlin said to Father David Ammann: "I shall do all in my power but of course you know I won't be able to do anything." The latter was quite to be expected. And Switzerland has the pleasure of harboring the man so much needed at this hour.

## From the Tree of Life

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“UNDER A FOREIGN FLAG.”—The German Mazdaznan of March touched upon this subject quite well. It is suprising, in fact, how many teachers and systems, cults and schools are using Mazdaznan but keep dodging the submarines of time. Still it avails them nothing for every now and then they explode and many are found in the wreck, left to a most miserable fate, while others catch hold of the lifeline and are drawn into the haven of safety—Mazdaznan. Of course with all the pretense and claim made by all the cults, some good is being accomplished while the honest in heart will find the way to Mazdaznan, recognizing all schools as means to an end.

---

DURING the month of May the Lord has again been “wearied with prayers” by the *fateful*. The advice to “weary the Lord with our prayers” was given by the late holy father. The present one follows in the same admirable footsteps and in addition composes prayers for this special occasion. This Twentieth Century of Progress and Reason does develop the strangest blossoms of human intelligence it seems. From all this it would seem as if the Lord had imposed this war upon Europe. If He has, then why blame William, George and Nikolaus?

THE Trinity to be appealed to, granting us a hearing and graciously to end war are really Germany, England and Russia. All the rest are merely the angelic hosts that have to do as the powers that be shall command.

---

How businesslike and according to a regular court calendar supplications before the Lord are made can be seen from the fact that for a full month the case of Peace has been plead before the bar of Andervayi. Whether there is to be an "appeal" is not known, since the decision has not yet been rendered.

---

IT may be so, that materia medica has so far advanced of late that only one case out of four baffles science, still the chances are that even a skilled physician is apt to dwell upon the fourth case rather to an extent of losing the other three.

---

EMINENT doctors do say some good things and are determined to keep in good grace with the more advanced minds, still there are by far more physicians who will cling to tonics and purifiers, stimulants and potencies. We do have a reading public that reads all of the good things of scientific minds, still there are only a few to give the matter serious thought enough to profit by it.

WITH Mexico it is just as it is with our yellow journals; you don't know what they are trying to do.

---

BELGIAN hares have gone up in price while Belgian heirs have gone down—to be remembered in history only.

---

THE claim of the Kaiser in speaking of himself in the first person and of God in the second person is absolutely scriptural, for even Jesus said: "*I and the Father are at one.*"

---

WHILE the Zionists are engaged in the return to Jerusalem the Parsis have for some time most seriously considered their return to Persia. Such are the signs of the times.

---

"HEALTH is a purchasable commodity, but we need an efficient national health department to get it. As long as millions are spent to keep cholera from hogs and not a cent to keep typhoid from little children, we can hardly consider that department a satisfactory one."

—*Dr. H. F. Ward.*

---

"'TONICS' have no tonic effect and 'blood purifiers' do not purify. Nutritious food, fresh air, exercise and sunshine are the only tonics and blood purifiers in the world."

—*Dr. R. Kendrick Smith.*

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# Eat For Your Health

To gain speedy and lasting results assuring health of body and mind it is well to observe (Genesis I, 29).

## LIVE IN ACCORDANCE TO THE SEASONS.

Eat the Products of your Climate and use imported Fruits and Vegetables only with the first meal.

**BREAKFAST** (about 3 hours after rising): Two or more kinds of fresh Fruits or fresh Fruit juices. Tropical Fruits in addition to Domestic Fruits may be used. Use with Fruits any kind of Rolled Cereals, of course uncooked. Drip Coffee with cream permitted. (Salt may be used with Fruits but no Sugar.)

**LUNCH:** A Salad of two or more Vegetables, with Mayonnaise-, French- or Nut-Dressing. Slice or two of Dry Toast. Light Cocoa or Hot Milk permitted.

**DINNER** (not later than 6 p. m.): Dish of Foreign Salad Stuffs; Combination Dish or Vegetable Stew; Baked Tubers; Moss Pudding; Yeast-free Rolls, Gems or Biscuits. Uncolored Teas permitted; may be used with slice of Lemon or Milk.

**RULE:** *Breakfast and Lunch* RAW FOODS ONLY.

*Dinner:* the first dish must consist of raw vegetables; the second a steamed dish; the third a baked; the fourth a flavored dish.

**THE HEALTHY** should eat at least 60 percent of Domestic Products, and may use 40 percent of Tropical Products, according to Temperament.

**THE INVALID** should subsist on 60 percent Tropical Products and only 40 percent Domestic Products, the latter consisting of Cereals, gruel and fresh sweet milk. Feed a Patient lightly every 3 hours. Every night, before retiring, take one to two teaspoonfuls of Russian Petrolatum or Refined Paraffine Oil.

**FAST** for one day, or one day and a night out of every seven. If nervous, depressed or sick, FAST. A mean child needs a FAST. If you don't know what ails you, have two slices of hot Toast with clove of Garlic rubbed on it, a cup of Parsley tea with milk, and retire.



# Some News From the Field

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THE war is still on and the passageway to a higher civilization is being cleared. The thicket of superstition is being cut down, still there is many a lofty withered giant of authoritative belief that needs a lightning stroke to level him to the ground.

---

DR. Gilman Beeler and his happy companion Gertrude, Ambassadors to Great Britain, have been to Glasgow and Edinburgh to assist Mother Elizabeth Ingraham in extending the work of Mazdaznan so needed in these days of uncertainty. The Message is receiving wide report and the better minds are eagerly absorbing the Truth revealed by our untiring workers.

---

MAZDAZNAN in Germany is gaining favor. Its enemies are beginning to realize that Mazdaznan has not come to bring the sword but to declare Peace. Our Ambadress Hedwig Ammann-Rauth is doing most excellent work, proving her ability as an executive to a most admirable degree.

---

LUCIA Ammann translates the sayings and aphorisms of our Master, as well as a synopsis of his insurpassable lectures in the German Mazdaznan. She displays exceptional ability as a literateur.

---

AMBASSADOR David Ammann and Mother Frieda have opened their headquarters at "Aryana" in Herrliberg, Switzerland, the international headquarters of

the old world. The American legation has its ground at "Aryana" but so far no steps have been taken as to the erection of a proper bungalow to represent the States. Canada expects to take up plans for their presentation after the Gahanbar. The present situation in the old world somewhat stagnates new ventures, still plans are being laid to make "Aryana" the International Headquarters and in that event even the countries of the world will be expected to have a legation or a representation at the Continental Headquarters.

---

OUR highly esteemed friend, Dr. D. J. Edal Behram of Surat, notifies us that "Ainyahita in Pearls" is being translated into the vernacular for the use of the Parsis. A very able Persian scholar has undertaken the task and nine months may be required to accomplish the work. Very little is known of the Blessed Ainyahita in the fragmentary writings of Avestan literature except the mention of "Anahita Ardavisur", most of her works having suffered the fate meted out by destructive hands. Any and every tablet or record handed down has been done so traditionally and for this reason is frequently overlooked by scholars devoting their talents to less important problems except literary styles or antiquity of ideas as to concepts of morals. "Ainyahita in Pearls" will prove an uplift to all lovers of true art in the Aryan race disclosing the future of the same.

---

SOME of the Parsi newspapers have in their great zeal been imitating the American yellow press, so shunned by men of refinement and culture, allowing

themselves to misunderstand and thus misconstrue and misinterpret the testimony of Dr. D. J. Edal Behram, L. M. and S., F. R. G. S., of Surat, India, as given in a letter published in *Mazdaznan*, July, 1914. Not able to quite grasp the tone of the letter one of the journals published the following:

**"FULFILMENT OF A PROPHECY REVEALED BY ZARATHUSHTRA.**—Manifestation, at last, of the Soshyant and of Shah Bahram in this world as mentioned in the *Bahmanyast*!

Nobody else but the Head of the *Mazdaznan* Doctrine in America Manifested as Such!

This Discovery made by a Parsi Gentleman, his Letter of Attachment and Sympathy addressed to the new Prophet.

While on one hand the Theosophists raise Krishna Murti to the rank of Lord Zoroaster, a Parsi Doctor of Surat on the other hand now declares in a very eulogizing letter the arrival of Soshyant and Shah Bahram in the form of Dr. Zar-Adusht Hanish, the Head of the *Mazdaznan* Movement in America, and mentions that the Revelation of Holy Zarathushtra is thus fulfilled. The proof of eulogizing sympathy of this Parsi Doctor toward this newly discovered Soshyant and Shah Bahram in America can be seen from the letter of overwhelming attachment addressed by him to Dr. Hanish."

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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*Self-will*, once broken, falls  
afar  
Extinct, and like a shooting  
star,  
Leaves neither record nor a  
trace;  
While *God's will* enters heart  
and mind,  
The pure, reclaimed and  
refined,  
Life everlasting to embrace.

## Invocation

---

Thou Holy One, who art the center of my  
very being,

Who penetrates the very essence of my composite existence,

I adore Thee.

I acknowledge Thy divine presence within me,  
Breathe, O breathe into me the breath of life  
That I may realize the living soul of my being,  
And recognize the powers latent within the  
bosom of my deepest thought.

With every step may I learn to understand  
myself,

And with every indrawn breath recognize the  
perfection of individuality.

With every outgoing breath, I shall become  
purer, until I become like the presence of  
light divine;

Yea, even like the sun that shines in the heavens  
of the universe sublime.

I am in nature—and to be harmonious with it,  
and realize the grandeur of Oneness in all  
things, this shall be my innermost desire.

Come peace and understanding, and shed light  
upon my path,

That I may no longer err in darkness,  
But forever live in the light of understanding  
and truth.

Thus be it in the name of the Everlasting,  
And unto this end let all things prosper.



# SERMONETTES

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**P**ERFECT poise of character may be recognized in those who are not puffed up by prosperity nor dejected by adversity.

---

**C**HARACTERS that live Mazdaznan Principles in their daily life may be likened unto "mirrors" in whom all may see the reflection of their own highest ideals realized; a pattern by which they too may adjust and beautify their lives.

---

**T**O live the life is to express in thought, word and deed that which is the noblest in concept and the most worthy in action.

---

**T**HE "school of adversity" seems the one gods choose as necessary and advantageous for the growth and development of character, that the virtue of *goodness* and its many subsequent qualities may be brought forth, adorning human nature, with all her super-excellence through living experiences.

---

**M**ANKIND continues to read life's book backward, continues to invert nature's laws and persists in worshiping the phenomenal. Yet they profess faith in Him who said, "*the letter killeth; the spirit giveth life.*"

**T**O stand out fearless and unafraid in the defense of principle, shows a noble character and reveals a strength of purpose worthy of the loftiest heroism.

---

**T**HE subtle quality that gives *reality* to life and imparts to it perpetuity, has its existence in the great ocean of ideality; there beyond the passing touch of joy or sorrow, is the illimitable substance that gives birth to the infinite variations as expressed in nature.

---

**B**REATH is the *bridge* that connects phenomenal and neunominal worlds. In man is found an epitome of both worlds, since there is nothing without man that is not within him. Man attains to the mastery over the one by the manipulation of the other.

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**A** PHYSICAL body that can endure with ease either excessive heat or extreme cold, through change of seasons, must be one that is strong and healthy.

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**T**O call out the eminent virtues of a character it must pass through the "fiery furnace of affliction", as only the gold that has been "tried by fire" can be of use to the goldsmith, so only the souls purified by affliction can be used by the Master-builder as suitable material for the construction of that "Temple not built with hands, eternal in the Heavens" it forever stands.

## SEASON HINTS

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**S**OUR milk or butter milk, muffins, rolls, sticks and pancakes are proper.

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**B**LACK coffee with vegetables; black tea with fruits. Use sparingly.

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**T**OO late to take a milk diet now. The only thing to do is to go to Alaska or Kamtchatka for a milk cure.

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**A**PRICOTS and Peaches are coming in too. But do not indulge too freely. Be sure you eat wholesome bread with it.

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**S**O-CALLED whole wheat bread, unless unfermented, should be left alone. Where real Oriental bread cannot be had, you had better use French rolls or bread, and toast same.

---

**T**HE month of seedless grapes and white grapes to be indulged in by persons acidulous as well as minerally overcharged. With green corn or corn bread together, or with cereals will prove of inestimable value, curing rheumatism and neuralgic troubles.

**A** REST cure to be of value must be taken in the mountains, in woods or the seashore. You can't expect any good by hanging around porches and verandas or sun-rooms and libraries of sanatoriums, notatoriums, healthatoriums, hospitals and other spital institutions. Such are back seats and back numbers of moss backed minds. Be up and doing. As life is short make the best of it by mingling with the Saints of Nature and not the dead ones of Calendar days.

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**D**INNER should always begin with an order of such luscious vegetable products that the market affords, either domestic or foreign. All varieties of melons, tomatoes cactus and other herbacious products are best to begin one's dinner. It is a mistake to still one's hunger or depraved appetite upon any of these products. Twelve ounces of watermelon or eight ounces of musk-, casawba-, nutmeg-, citron-, or any other high flavored melon should suffice. Of cactus products six ounces is the average. The same holds true of pineapple and whipped banana which may be used to introduce the dinner. 'Thereafter have a dish each of cooked, steamed and baked vegetables, accompanied by toast or seasonable bakewares. Dinner should be a meal of ease and leisure.

## Mazdaznan

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**T**HAT "the old shall be made new", not only nature all about us reminds us of, but even the sages of remote days and poets of modern times breathe a language that cannot be mistaken. That the scriptures, be they of Oriental or Occidental origin, continuously make mention of "the old made new", need hardly be mentioned as the better informed and learned at once remember the passages referring to such an all-important subject.

It has been conceded by all the lettered men of ancient and modern times that "Mazdaznan is the revealed religion that stands behind all other religions." Mazdaznan is not only a religion as understood today but it includes every phase of life to an extent of revealing to man his real purpose upon these planes of terra firma.

Mazdaznan is indeed the most complex and still the most comprehensive system ever devised by man or revealed by God.

Mazdaznan supplies all the wants of heart, soul and mind in all its variated phases and for this reason satisfies every man, whatever his acquired ideas may be.

Whatever the vastness of the storehouse of knowledge in Mazdaznan, human nature is still under the ban of hypnotic spells and unable to think, reason and reflect deductively

or conclusively, and for this reason is ever prompted to inquire into the datas and the history, source or origin of a teaching before delving into the Temple of Truth itself. The story told of eyes being caught by a beautiful frame to such an extent that the party concerned cried out aloud: "Oh, what a beautiful frame!" before any criticism was offered about the painting itself, holds good in all the walks of life, even among academics.

Embellishments still hold the senses and thus the mind. But Mazdaznan, like a work of art, has its embellishments too. They are not of an ordinary nature, for all the scholars of the world have put their minds together in putting Mazdaznan into a most costly frame.

All we need is simply study Westergaard, Geiger, Bleck, Max Mueller, Mills, Dr. Hæckel, Wadia and numerous other great scholars and we shall be surprised as to the source of inspiration in a Swedenborg, Kant, Fichte, Hegel, Darwin, Huxley, Spencer, Schleiermacher, Schopenhauer, Nietzsche, Bacon, Shakespeare, Emerson, Walt Whitman and too many to mention here.

Once our eyes have feasted on the embellishments equal to that of the adoring of a golden frame, we shall perchance be able to study the artistic lines of a painting depicting *Life Eternal* for such is Mazdaznan, — "a complete system of education that has no equal" — a verdict of all scholars.



## The Savior of Liberty

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**I**F we are not conscious of God within us as *our* God, see no God and hear no God, then to us there is no God. God is not somebody, somewhere beyond conception; God does not dwell beyond the range of perception; God is Life and Life is breath or spirit, omnipresent in everything that breathes. If not, then there is no God.

In all discussions and arguments man is ordinarily confined to the objective realm. But we cannot prove the Infinite by the objects of the finite, which ever change and decay while the Infinite remains.

On the other hand, it would be equally as useless to try and prove that there is *no God*, as we would again be confined to identically the same objective sense to draw upon for our illustrations or proofs, which are no proofs at all, but objects for which they stand.

God to be at all is not *a God*, neither *no God*, but *my God*. Yea, be still, thou heart of mine, and think in thy absolute freedom of thought, keeping in check every part of thy being; be still and know—that *I am God*.

Having *focalized* all our *senses* toward a single Thought of God and seeing in this one single body all the powers and forces of nature *crystallized*, we are ready to recognize the great possibilities of man in all his glory and

perfection. We are ready to breathe in the sweet perfumes of the Savior Liberty and set our higher nature free.

Free to use one's talents and to develop those yet latent *through the power of breath* or a prayer *on the breath*, we are led step by step into the Temple of Truth, gaining knowledge and understanding upon the most perplexing questions or problems of life. We then learn to practice economy of the body by retaining the Galama (the centralizing life principle) which comes to us as we *inhale* deeply with a rhythmic sob, *retaining* the breath *reflectively*, and *exhaling* with a long *sigh* of relief.

Through such practices at the hours of prayer we awaken the higher state of consciousness and with it the latent forces, physical and mental, assuring to the body normal circulation and vitalization of the nervous system, eradicating disease germs, assuring perfect health, while to the mind we give a healthy brain, charging the cells with forces quickening the heretofore slumbering groups to mental activity and directing the intellect unto ascendancy, revealing the power of thought unto undertakings that know only of success. Irrespective of the past or present condition of the body or the mind—*Truth shall make you free*—and Truth is revealed to you through the recognition of the Spirit of God, which comes to you by breath as it enters the nostrils.

## Political Christianity

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JESUS said, "Go out into the world and preach the gospel to every *creature* and whosoever *believeth in me* shall be saved."

Anything short of this command, anything additional to this command and not in direct harmony or consistency with it—is *not Christianity*; is not of Jesus. Speaking of *every creature* it not only means *man*, as in that case Jesus would have been very definite as He always was in His command. None of His teachings have a double meaning. His words need no defining. Every word speaks for itself—it is self-evident.

The gospel—the glad tiding of just consideration; of humane treatment, proper, thoughtful, scientific care; civilized tactics, cultured applications and unquestionable means—applies to *all creatures*. Be it the angleworm winding his way across the field; the bug resting upon a leaf; the butterfly emptying the cup of a flower; the bee on her way to the hive; the frog in the bullrushes declaring change of weather; the cat nibbling at the grassblade denoting the approach of rain; the howling dog announcing the departure, of a distant neighbor into the transmigratory domains; the cattle upon a thousand hills; the bleating lamb at the meagre spring; the beasts in the wildwood or the vulture of the

deserts—one and all are included in the category of *creatures*.

All that *believe*—all that *respond* to culture and civilization shall enjoy the blessings of salvation. Whatever and whosoever does *not take to* the gospel; does not *believe* or *respond* to its redemptory methods naturally goes the old way of carelessness and destruction. The straight and narrow way is the Way unto Truth and Life. The way that knows no direction, but scatters about like in a stampede must take its consequences.

Political Christianity is treading upon the vast grounds of uncertainty. It knows not the main line for *all creatures* to travel. It has drawn its own lines, interpreting the command of our Savior to suit selfish ends. Their field is not that of the plough-shares—it is the battlefield of the sword. Jesus said: "Preach the *Gospel* unto all creatures." To preach is to declare, to teach, to apply. Does Political Christianity preach and apply the *Gospel* to *all creatures*." If not, then the promise taken by Political Christianity is false and anything contrary to the command of Jesus is of the anti-Christ. For Jesus said: "Whosoever is not *for us*—is *against us*." Political Christianity may carry the crucifix and the emblems of the sanctuary but Jesus says of them: "They are wolves in sheep's clothing"; "white-washed sepulchres"; "hirelings."

What a comfort to Saints of God on earth. What a solace to the Witnesses of God on earth. What a balm to all the Associates of God on earth. Yes, the Gospel is to be preached *to all creatures*. How much this gospel is like the Gospel of the Blessed Zarathushtra who plead for the safety of the kine and the sheep, the birds and the dogs, the whole of the animal creation and beseeched His kind and kin to return to horticultural pursuits as the earth was crying out for her salvation.

Accepting the Gospel of our Savior, whether in the name of Jesus, whether in the name of the Blessed Zarathushtra, we have the assurance of salvation; the joys of Peace and the blessings of Life Everlasting. May it be our lot and our blessing never to fall prey to a stampede but daily remain in the consciousness of the command: "*Preach the Gospel unto all creatures*", and repeat it three times in succession with the emphasis upon one particular word in each sentence: first sentence emphasize "Preach", the second sentence emphasize "Gospel", in the third repetition emphasize "Creatures."

## Jesus A Prohibitionist

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**D**R. Haupt of the Hopkins University holds that as "rosh" in the Hebrew stands for anything coming to and having a head, refers to "poppyhead", that "me-rosh" consequently means "opium." This being true he contends Mark XV, 23, and Matthew XXVII, 24, should read: "They gave him opium." There is no doubt about Dr. Haupt's contentions and "mixed drinks" were quite common not only among Jews but other tribes. Wine and olive oil, wine and poppy juice, sage tea and wine, poppy drinks, current juice and oil, and many more were used to deaden pain and to stimulate the patient. With poppy juice it was customary to use "dry" wines and sour wines. But Jesus refused that drink offered him, which not only goes to prove that He was a prohibitionist, revolting against anything alcoholic, but He wished to go through all the agony of matter that nature had in store for Him, that the measure of the world's iniquities may be filled to overflowing. Furthermore, it proves that Jesus only partook of unfermented wines or grape juice. The latter partaken of with wholesome, unfermented corn bread or wheat bread made an ideal meal.



## This is the Acceptable Time

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**T**HRU the practice of Rhythmic Breathing do we understand our collective nature and realize the great possibilities of life. We see ourselves finite on the one hand and Infinite on the other and for this reason we must have an understanding of ourselves from within and without, that we may all the more respect the rights of one another and assist in reclaiming our birthright unto the treasures of life. To become free from sickness, sin and sorrow, to cast aside all fear of poverty or failure, we only need to learn to stand alone and mind our own. To do this and to do it effectively, we must not underestimate or overestimate ourselves and our opportunities, but learn to keep the right balance of the scale of time and use our common sense and reason. That common sense which comes to us through the control of all our senses, even the twelve senses, that upon a perfect scale of mentality we may be enabled to harmonize our perception unto conception of the things that delight the soul. In Mazdaznan we have nothing to unlearn, no more than a tree has to shed its leaves when the time of its bloom comes. We are to add blossom unto blossom that we may all the more become conscious of bearing the fruits of delight and pleasure.

Come to an understanding of the Truth, the full Truth of Life, for "this is the acceptable time—this is the day of salvation." You have the power to rise above all the shortcomings of the day and be a power for good to yourself, adding one more to the army of the free whose efforts shall crown a whole nation with success and bring about a state of collectivity where every individual is the factor of a complex whole, sustaining all and in turn is upheld by all.

And now, if you are really in earnest to reclaim the possibilities of your being and see your way clear to take advantage of the opportunities of your day, devote a few minutes daily to regulating your rhythm of the breath. Empty your lungs every hour or two while at work. Empty the lungs to the utmost without forcing the exhalation. To do this more effectively select aphorisms or lines from poems which appeal to your heart and mind. When inhaling, your mind should follow the current; in fact, all your exercises should be of three minutes' duration and taken at intervals of an hour or two. Do your speaking, singing or humming *on the breath* and with the fervor and zeal we go into our exercises we shall be religiously rewarded; in fact, let us ever remember that *the reward lies in the deed according to the motive power behind it.*

May you conquer; may you win; may you prosper even unto perfection.

# Educational Means of Culture

Lydia Ammann

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CEREMONIES as used in Mazdaznan are forms of higher etiquette, showing culture and refinement in all movements of which the lines observed upon the operatic and theatrical stage are imitations, purported to teach proper behavior in a well-organized society. These forms or ceremonies as practiced in Mazdaznan are calculated to call out the hidden powers of body, mind and soul; realizing harmony and order, creating a rhythm assuring that perfect state of tranquility which alone gives *Peace*; the peace that surpasseth all the understanding of man.

All the lines and rhythm observed in our movements carry the higher consciousness as if upon the wings of a bird, traversing the regions of ether until carried by the rhythm of its waves, the atomic worlds grow into the real and the hidden powers of higher intelligence become evident.

Thus the progressive stages and phases of life are experienced by virtue of fixed laws manifested in forms of propriety and etiquette. Whatever the outer forms may be they must carry the spirit prompting them, as voidness of consciousness will make them painful to actor as well as spectator. Every move must

be prompted by an attending thought. All forms must reveal absolute freedom and ease and be at variance according to occasion and prompting. Any dissonance is easily bridged through gradual and proper dissolution.

Form is easily verified under constraint, as of the state; more difficult where a person believes the coercion is relieved, as in the family.

Courtesy to superiors in age, education and position is self-evident; cordiality and affection to subordinates not always in evidence. Wherever practiced, mankind is exalted.

Outer forms are at least a means of ennoblement and refinement, placing the person who masters them into the ranks of artists, whose works are a reflex of the soul, which nevertheless is not content with its results but continues to strive toward still higher accomplishments, even perfection.

So must we become artists of life, that our forms, which are in harmony with our etiquette or ceremonies, can be better executed and more richly fashioned. Our ceremonies disclose the concept of our philosophy of life, transposed into festive action.

## Keep Going

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**A**s long as we are convinced of the truth of things we need not falter but just keep agoing. Attention should never be paid to things contrary and of an insulting nature. An insult is bred by shallow-minds seeing the truth but unable to rally around it as their feet are turned in the wayward direction and are either clubfooted, kneeknocked or bow-legged, not only in the physical but particularly in the mental sense. Treat them with silent contempt like you would a barking dog, ever bearing in mind that "a dog barking the loudest never bites." Just *keep agoing* and you are sure to win. It matters not whether you are engaged in business, a profession, a trade or whether it is a particular belief, creed or cult you follow. Let your convictions be your guide and be open to convictions presented by those who are living examples, making good their claims. If you have anything to offer, let it be known either by word or deed. Anything you have not been able to demonstrate do not touch upon it, leave it to those who are demonstrating it beyond the slightest shadow of a doubt. But in things you know you can prove unquestionably *keep agoing*. If scoffed at, maligned, belittled, abused, persecuted—remember, that the ignorant only can stoop to measures beneath the brute.

Do not go into judgment with them—treat them with silent contempt.

*Silent contempt* will burn the heart and minds of the shallow-minded more than any other one thing. To be left unnoticed is like a barking dog who expected you to run and instead saw you pass him by. Yes, pass them by these illiterates, who like parrots learnt their lessons well but have no reason to contemplate upon the meaning of the words in the vocabulary they have been taught to use.

Keep agoing and surrender not to those who are beneath you. Were they your equal they would be at one with you. Were they ahead of you they would practice extreme kindness and persuasive love to lift you to a higher plane. But using diabolical tactics, they are far beneath you—treat them with silent contempt, irrespective of their positions, be they judges, potentates, executives, kings or vicars. Treat them with silent contempt and *keep agoing* in the things that assure you of the right. Remember, there is no wrong but that it shall be righted at some time. It may be a long time coming. But, we have all eternity while the time of the adversary is short. He may glory for *a time* but that time has been shortened for the sake of the Saints.

*Ours is Eternity! Keep agoing!*



## Knowledge and Belief

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**H**UMANITY is confronted with these questions, of their origin and their aims.

Philosophers gave to the world the solution of this enigma according to their concept and the masses followed their theory as a dogma. But the spirit of man was athirst for development and desirous of its own leadership and consequently great progress has been made in the origin of things.

The progress of this learning compared with the Book of Genesis shows a surprising conformity—the millions of years of creating the earth and its inhabitants as admitted by science, correspond with the creation periods, steps and days of the Bible.

On the other hand we find great errors made by the learned. Hæckel says a human being is but a mammal. In uttering this remark he disregarded the fact that man does think. That which existed before mankind was non-thinking so mankind lays claim to the first being of *thought*. He was the instrument through which the eternal thought manifested and individualized. So it is man's aim to individualize and he has the responsibility of the realization of this thought. Individuality is attained by following the laws of nature in moderation and through this mankind has hitherto developed. Virchow says: "Every

animal knows the principles of life but man knows nothing in this connection." But he can again acquire this knowledge through recollection. All knowledge is subjected to matter, namely, the brain-cells which must be freed. If we develop another source of knowledge, the senses, we solve the question of origin and aims of mankind, for climb we must, higher and higher. Further unfoldments of the mind and soul can come only through further development of the body. It is for this reason that Mazdaznan lays so much stress upon the necessity of the care of the body. The philosophical precepts are but statutes of creation. Observance of these rules is true religion and the care of body a religious precept. We can compare humanity with a horse and rider. The rider is the consciousness of divine origin and the horse is matter. Not subjugation and sickness, but conscious of constant rejuvenation in following the rules of creation, do we attain our goal—perfection. Born of God, so to God leadeth our path. Knowing this establishes firm belief and such assurance is our indisputable knowledge.

—*Dr. med. Josef Oberdærffer.*

## Insomnia===Sleeplessness

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**W**ITH the advance in years many temperaments are given to sleeplessness and causes are searched for as well as means for their cure propounded. Science oftentimes goes so far as to suggest hypnotic means to induce sleep. That the latter is possible cannot be denied; still in advanced stages insomnia is beyond suggestion as it is beyond physical means. The better way is to abstain from intoxicants, stimulants of every nature; change menu often and cut out all foods inducing "sponging" of the stomach. Stop the use of oils and oily foods or dishes. Use instead of all the greasy pastry and grease-fried foods or dishes every six hours of the day one dessert-spoonful of Russian petrolatum or in its absence, the same quantity of paraffineol or neutralol. Be sure you take this innocent mineral oil before retiring and upon arising. Keep this up for five weeks or more. With each day you will notice great improvement.

So as to divert the mind and keep it from re-hashing all that the eyes have seen and ears have heard during the day you may use the simpler forms of hypnosis and such that at the same time will not only calm the mind but improve memory and increase the power of thought. It is best to count slowly from one to a hundred and back to one in a way as to

the number spoken. Take a gentle breath before breathing out the next number.

Another method is that of enumerating every known fruit and as you speak it picture to yourself the very form of the tree that bears that fruit. Thereafter enumerate every edible vegetable; every flower of a decorative nature; the precious stones. If not asleep, draw mental lines of boundaries of the various countries, except those now in battle array, as the boundaries are just a trifle uncertain. Enumerate mountain chains, rivers, lakes, principal cities.

Insomnia is largely due to impositions upon the stomach or the mixing of foods not congenial to the ease of an organic body. The question of diet ought to be gone into, especially at this time of the year when nature showers blessings upon us sufficient to overcome all maladies if we will only reach out our hands for these delicacies of the field and garden instead of chasing butterflies.

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**A**s long as we follow the rule as prescribed by nature, adding good judgment, there is no reason why we should ever experience any inconvenience. Surely nature has not intended discrepancy as her process is evolutionary, step by step calling forth higher attainments, destined to experiences on planes of perfection. The morning meal should consist of juicy, luscious, highly flavored fruits

or vegetables. Fruits are preferable, not only to act as a tonic but induce elimination. In as much as the coating of the body calls for toilette, even so the membranes of the inner man long for ablutions. Such is possible only when irrigating the system with nature's own distillation—well solarized fruits. The idea of drinking plenty of water has some truth, but that is applicable only to the man of strong animal or physical propensities. The average man does not feel clean by merely taking a dip or a shower bath. He longs for some good soap to help cleanse the pores. The average man thus is so organized that nature's irrigation process only can tone the organs and keep them in good working order. Let your first meal of the day consist of fruits, uncooked cereals and a hot drink if called for.

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### As Others See Mazdaznan

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“MYSTICISM, with its deep appeal and its exquisite suggestion of empyrean powers, has found firm footing throughout the world. The key is in a little pamphlet entitled: The Declaration, Confession and Affirmation of Mazdaznan. It is a truly mystical conception of Godhead, recalling the great truth of the Zoroastrian teachings which have charmed so many minds, from that of Numa Pompilius down to Nietzsche.”—*The London Morning Post*.

"A RELIGION that stands behind all other religions."—*Max Mueller.*

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"WHAT is now *called* the Christian religion *has existed among the ancients*, and was not absent from the beginning of the *human race*."—*St. Augustine.*

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"ZARATHUSHTRA'S name had become the very Emblem of Wisdom. Zarathushtra and Plato were treated as if they had been philosophers of the same school and Hierocles expounded their doctrines in the same book. Plutarch agrees so well with the Zend books that no one will deny the close resemblance of doctrines and identity of origin."—*Dr. Max Mueller speaking of the early part of the Christian era.*

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"As the original Zoroastrians were the earliest known Vegetarians, we readily understand that the strict Mazdaznan Order of Zoroaster has preserved the practice and teachings of vegetarianism through the centuries, and that Mazdaznan Culture teaches and demonstrates the highest standard of living in a manner most applicable to our modern requirements. Mazdaznan is now represented in nearly every country and thousands of people are taking up vegetarianism as a result of the Mazdaznan Teachings."

—*The London Vegetarian.*



# Health and Breath Culture

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Before waiting any longer we must tell you that the new "Health and Breath Culture" has arrived in good condition and I am more than pleased with it. In fact I am amazed at the vast compendium of knowledge that this book contains. None need say that they "do not know what to do or how to utilize their gifts and talents" for here in this wonderful book we find the answer and solution to all of life's problems, whether of a simple or complex nature.

This book to me, means more than a study of nature and her relation to our higher entity, for it gives us the *missing link* that reveals the great secrets of attainment, which other teachings have failed to impart.

How thoroughly psychologized are those who consider themselves to be among the world's most enlightened ones! But they continue to declare that "mind is all there is." "Infinite mind rules over all"—yet with all their affirmations they fail to recognize the fact that except Infinite Mind has a *pure and healthy* body to manifest in and through, it will soon be obliged to leave this plane of action. How can the higher intelligence express a perfect life here, in an imperfect body? The Message of this book gives the methods necessary to meet all the demands which these strenuous

times may have imposed upon us.

Time is too valuable to waste in speculative experiments and these teachings of Mazdaznan reveal methods that call out the hidden forces of nature, enabling man to cope with the most unfavorable environments and conditions of the day.

I am so grateful to have found this wonderful book and still more grateful to you for having contributed such an invaluable work to the world of Art, Literature and Culture. Posterity will certainly rise to do honor and credit to your memory, while generations of today will be elevated to higher planes of civilization, which alone can do credit to this Masterpiece of Literary Achievement, which has no equal in all the world.

—*Elverah Hollingsworth.*

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### **Addenda**

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To Health and Breath Culture as given in Egyptian Postures deserves our time and study for therein we find all the movements of the body conducive to the eradication of adipose tissues and conversion of such vitality which alone prolongs good and with it long life. We do not hold that it is possible to live forever at this instance but we can at least live long enough to usher in the millenium.

# At the Campfire

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IF every man was a thinker we would need no authorities to scheme out things for us to be governed by.

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IF all men believing in the necessity of war were to be called to the front most of them would change their minds quickly, as a teacher in domestic science when called upon to take up housework as a profession.

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SOME people are prone to think that marriage is an economic way of dodging the servant question and save the salary that would otherwise go to a housekeeper.

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THE question of Eugenics gives every one an equal opportunity to display their ignorance upon the subject.

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MAYBE it was a mistake for Christ not to call upon the authorities of government to protect his church from insinuations cast by his enemies.

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IN some towns they serve Tipperary Sundae and in others you can now get Billy Sundae, still not every day is a Sunday, although some contend that Saturday is the day whereon God desires to be called upon with our prayers.

---

IF laws are made merely for the protection of the weaker from being taken advantage of by the stronger then the church seeking enforcement of laws assuring to it absolute vindication must have very weak legs whereon to rest its teachings.

IF you remove competition from the field of labor, business and the educational system, you will find yourself at the verge of spiritual and physical disintegration.

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A great many of us would not have "equal opportunities to all" as the exercise of charity would have to go begging—still that same set of *ignoramasses* seek the enforcing of laws protecting them from exposure of uncharitable tactics.

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"DOGS that bark the loudest do not bite" may be a common adage but it takes an adept to find out whether the dog knows it too.

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PEOPLE who always grumble are mentally diseased in addition to their physical ailments.

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THE scriptures say that "a *thief* is a miserable culprit; but a *slanderer* is by far more contemptible;" should this be found true then we shall have to be very careful in our discriminations.

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FOR virtues to enter human society in these days they must appear in garments *a la fashion*.

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YOU can express freely the most incriminating themes if you will clothe them in a poetical language.

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THE man who wrote "It's a long way to Tipperary", evidently never thought of Calais and Warsaw—although he may have had in mind "Przemysl."

## It is not Right

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"Women were not meant by nature for education. They were meant to bear children, to put into new bodies the strength they put into study. When the brain is used after one has dined it takes the blood from the stomach and the digestion is impaired. So when women use their brains for higher studies they are taking away what nature gave them to make into tiny bones and bodies. The business woman is also a member of the hybrid third sex. The economic independence of women is synonymous with physical sterility, moral disturbance and social anarchy. The femmes savantes belong in the same category."

That is what *he* says, the editor of *La Matin*, who came to America to tell our women where *he* "got off." The above is only a mild portion this Frenchman "gets off" on our American women. In his speeches he emphasizes, "it is not right for women to receive higher education than men." Evidently some of our bright ones must have crossed him and made him feel cheap, that the poor chap thinks his education neglected.

Poor man! He ought to appeal to our educators to stop this awful unnatural crime of educating women. Evidently he is not a believer of evolution, nor can he appreciate progress for according to his idea woman is supposed to "hug the cookstove" and look after his "bincarties."

Organized from Eternity

Established into Eternity

# M a z = d a z = n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## Invocation

---

O, Being Infinite,  
Thou who dwelleth within the innermost of  
our being,  
Evolve through the states of consciousness thy  
divine light before our vision; for dark-  
ness, wrongs, agony, misconception, pain  
and sorrow surround us,  
Where we feel not the eternal right of thy  
divine wisdom.  
Thou shineth in the skies like an everlasting  
sun sublime,  
Removing the mists that cloud our eye and  
giveth us glances of that veiled glory, the  
sweet paradise we would climb.  
Despite our narrowness and bigotry, our greed  
and sensuality, our selfishness and strife,  
We feel in our inmost soul rays of the truth  
divine,  
And attain to life eternal by the absolution  
from all materiality through our obedience  
to that law divine which is the guide unto  
ourselves.  
We acknowledge that our wayward feet only  
too often were set in paths of blood,  
That we denied the truth, have forgotten the  
precepts of nature and nature's God, yet  
it was in moments of forgetfulness, in  
our anxiety, our struggle to win,  
To reach out into paths of gratification, because

of our inability to understand the beauties  
of life.

It is now past, and according to the promises  
of justice, "Thy sins shall be remembered  
no more",

We may enjoy the presence of divine conscious-  
ness and wander upon the upward paths  
of right conduct.

O, Thought Sublime,  
Breathe upon this mind of mine that I might  
ever inhale the sweet perfume of the  
savior liberty, the life of men.

It breaks the bonds of captives' chains;

It loosens the fetters of the brain, and sets  
the higher nature free,

And my soul shall on this bright morn yet  
conceive perfect freedom in all things;

Give power, sweet sounds of angels from the  
heights of the throne sublime, away to  
break from cruel dogmas and cold creeds;

From unjust laws and authoritative institu-  
tions,

Thus illuminating the world with the beauteous  
gospel of liberty,

The individualized religion of humanity,  
science and art unitized, and philosophy  
and sociology harmonized.

Filling all with love, not hatred; with peace,  
not strife; and with happiness, not wealth.

Be it so. And to this end let all things prosper.

# SERMONETTES

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**T**RUST in God and read nature.

---

**W**E are unhappy only when demands are greater than the supply.

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**S**OME of us seem to forget that for everything asked there must be an equivalent in return.

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**Y**OU can't be gazing into space and at the same time climb a precipice.

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**S**OME of us really think they are being dealt with unjustly, forgetting that circumstances alter cases.

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**T**HE faultfinder is not only miserable but he would not do any better even if he had a chance.

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**D**ISEASE is both of a mental and physical nature. Suffering is the effect of ignorance and superstition—an introduction of authority and authoritative institutions, contrary to infinite designs.

PERHAPS the idea of the one man atonement was not such a bad one after all.

---

THERE are sermons in running brooks and truth in rocks and good in everything.

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UNIVERSAL intelligence unfolds everywhere and its promotion has become the desire of man.

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THE harder the labors the more economic our demands and the more we bestow upon our friends, the more we enjoy life and live that much longer to enjoy company.

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A BARREN fig tree is nevertheless a fruit tree and contains within its glume all of the potentialities for the forming of fruit. But void of certain elements and conditions the tree does not bear until environments have changed. Man, not successful in life, needs a change of conditions in general.

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AT last we are at the dawn of a new era of tremendous catastrophies on the one hand and the Light of Reason, prompted by a higher intelligence, begins to illumine the mind of man unto collectivity in all the interests of divine designs on the other.

## SEASON HINTS

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**F**RUITS in the morning and whenever thirsty will fill all our wants.

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**W**HEN largely subsisting on fruits it is well to always use raw cereals to modify acidity or induce dextranization.

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**A** VEGETABLE dinner should be calculated in such an order that breadstuffs need not enter into the menu.

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**D**AIRY foods in general are to be discarded, particularly butter, cheese and sweet milk. Eggs too should be abhorred.

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**A**PRICOTS and peaches, nectarines and white grapes are in abundance, a panacea to all suffering from over-accumulation of acidity.

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**V**EGETABLES of all kinds now crowd the market and the anæmic should select all the diverse kinds that can be steamed in their own juice or be baked in the oven. A small whole cabbage head, a squash, lettuce or gourd, put into a moderate oven, adding a little oil to the dish, will prove a delicious dish and a most potential remedy.

**D**ISCARD milk, cocoa, tea and coffee and use fresh fruit juices, followed by starchy dishes.

---

**I**T is well to remember at this season that flavors, aromatics, herbs, seasoning, garnishings, spices, condiments, etc, used very sparingly in dashes or pinches, will add greatly to the food value of our dishes and render them to become remedial, healing and eliminative.

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**D**O not eat heavy, filling foods this month. Consequently do not use water or milk in your cooking; still better, do not cook at all. If you must stand over a fire, simply bake a few things, but even there observe the rule, absolutely no water, as little butter as possible, although you may use sweet cream.

---

**Q**UITE many people do not eat any breakfast at all and perform practically a good day's work before indulging in a meal. such method is of value to intellectually and spiritually based or strongly inclined. They thrive best when first performing their work or the greater part thereof before taking to a meal. In that case the first order should be fruit juices and a fruit, adding cereal and such entree dishes that readily combine with the fruits.



# Mazdaznan

(Zoroastrianism)

"A religion that stands behind all other religions." —Max Mueller.

DR. OTOMAN ZAR-ADUSHT HANISH.

*June 28, 1915, Recital Hall,  
Panama-Pacific International  
Exposition grounds.*

Whether hailing from the Iranian Ranges or first sounded in the Himalayan Mountains or the Plateaus of Thibet; whether revealed by God or devised by man, the world's greatest recognized scholars concede that "Mazdaznan is the religion that stands behind all other religions."

Not only in modern times does the literary world recognize in Mazdaznan the Keynote to civilization but one of the celebrated church fathers, St. Augustine said: "What is now called the Christian Religion has existed among the ancients and was not absent from the beginning of the race, until Christ came. From that time on the true religion, which already existed, began to be called Christian."

Plato, Aristotle, Pliny, Hermippus, all the Greek scholars and philosophers agreed that they have most liberally drawn upon Zaratrusthra for their information on matters philosophic, scientific and educational in general.

Thus in the days of spiritual and material commotion Auquetil de Perron appeared in 1761, coming from Surat, India, revealing the Avesta Zend to the Twelve Tribes of the Aryan Race and with it induced that momentum which alone changes and directs the human mind.

Ever since 1761 the old gradually passed away and civilization has taken an entirely new trend, even that unto perfection. The influence which Mazdaznan has brought to bear is no longer being denied since a single fact speaks louder than a thousand arguments. Whichever way we turn we see the hand of Mazdaznan. We may not know the great change wrought for the better to be due to Mazdaznan, still we see the change. It is left to the scholar, the investigator, to determine the source of events, or the cause to effect.

Although much has been done by men like Max Mueller, Darmestetter, Bleek, Geiger, Mills, Jackson, Wadia and many more scholars to restore Mazdaznan to its place of general acceptance, it was not until 1902 that Dr. Otoman Zar-Adusht Hanish took it upon himself to systematically promote the Message of Mazdaznan and ever since the teachings heretofore presented under various names and by diverse schools, have again become known as Mazdaznan. The movement now has centers of education in all the civilized countries and the purpose of its propaganda and agitation is not

to gain adherents but to give broadcast the themes purported to lead to a solution of all the perplexing problems of life, making it possible for every descendant of the Aryan race to attain to his birthright, thus proving himself as intended by God or Nature to be the living witness of either or both.

Mazdaznan stands for Master-Thought and to attain to such a state of realization the objective as well as the abstract side of life must be thoroughly defined and polarized. Man needs to know whence, where and how he came that the purpose of his manifestation may not only be known to him but his mission fulfilled. On the surface man may appear limited and neglected, but such is due to conditions and environments imposed upon him due to changes in nature which to master has become a task and his success in overcoming is his salvation. Once man becomes master of his situation he more readily controls the unseen powers of nature and learns to direct them through channels directly affecting the birth of a higher and nobler civilization. For this reason Mazdaznan lays stress upon physical training equal to that of the mental, thus considering more fully the eugenic side of life realizing that knowledge and application of the same on matters of prenatal influence alone will make this nation or any other nation the Savior Nation. What opportunities fail to impart and education can never call out the

observance of eugenic laws pure and unadulterated shall reveal. To see the ideal life realized here and now may not be the portion of this generation, but the knowledge on matters of life applied in the daily matters of this age will surely bear the fruits of the spirit in generations to come, and we shall thus live in the minds of the children enjoying the fruits of our labors with them. In the meanwhile we have the satisfaction of utilizing our gifts and talents to better advantage, assured of our position and our conscience appeased, having added our share toward the reclaiming of the earth and the race.

Mazdaznan reveals the esoteric teachings of Mazdayaznianism as known to the Aryan race in the avestan days of Ainyahita and later given out by Zoroaster in the Gathas. To comprehend and apply these wonderful teachings of Mazdaznan to the daily works of life and profit by them it becomes essential to recognize the Divine in all things and in everything the presence of Infinite Intelligence.

Mazdaznan is monistic in principle and panistic in application, recognizing principle in the Infinite and the application thereof in the objects of nature. As there is but one Source, giving rise to but one Purpose, culminating in but one Destiny, the variety and complexity of things proves all the more the limitlessness of Infinite Thought. For this reason we find in Mazdaznan but one God and all else the

Infinity of His wisdom and power. The source is absolutely good, while in the course of modifications the purpose might determine variety, which if weighed upon a scale of limitation only too often falls short in its balance, and for adjustment necessitates time. According to Mazdaznan man is the inspiration of God revealed through nature, or the manifestation of God on earth. Man is here upon the earth to reclaim the earth and is God's only living witness. Man is thus the focalization of the intelligence of God and the crystalization of substance or nature. Man, conscious of Source, Purpose and Destiny reaches the point of polarity which assures to him Life Everlasting—Eternity, for "This is Life Eternal, to know God." To know God, to come into His Presence, to realize Him, the man must know himself. For this reason the faculty of memory is used that through the channels of remembrance every phase of life, from the very beginning of things, may readily be pictured in the mind, and the individual ego or entity enjoys the path of perfection, ever unfolding before the eyes of the spirit.

Since Mazdaznan is an educational system, embracing Philosophy, Science, Religion and Sociology, it proposes to meet the demands of the age, adjusting cases of imposition whatever they may be, that by virtue of the application of scientific measures the hidden powers of man may readily come forth and smooth



the rugged ways of terra-firma for the ushering in of the Era of Peace, the peace of which Jesus said, that it surpasseth all the understanding of man. Mazdaznan is the Peace Messenger unto all the world, particularly calculated to lead the Aryan race to final emancipation. This alone will remove all tribal differences and assure to man his divine heritage here on earth, realizing the fulfillment of the Lord's prayer; "Thy Kingdom come: Thy Will be done on earth."

With such inspiring and elevating objects before it Mazdaznan has become the Savior of the Aryan race purporting to redeem all the tribes that constitute the race by expounding fixed laws in Eugenics. The application of these alone shall turn the generations to come into saviors.

Free from all prejudice, broad in all its teachings and concessional in all its methods, Mazdaznan draws no lines of difference, but recognizes all movements as means for one and the same end — that of final Emancipation. Although a movement apart from all others it seeks no other end than that of giving broadcast the means and methods gained through thorough tests and analysis. With this end in view, to assist, counsel and advise, the members of the Mazdaznan movement are assured of their success in gaining recognition and for this reason announce that—

"Mazdaznan shall the Password be."



## Twentieth Semi-Annual Gahanbar

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The Midsummer Gahanbar closed in San Diego, July 12th, the opening having been in San Francisco, at the Exposition grounds, June 28th, 29th and at the California Club from June 30th to July 5th, 1915, inclusive. Everyone of the sessions proved a decided success, so much so that it has been conceded by old-timers that the Golden Gate Gahanbar proved the most rousing and best of all yet held. Such was to be expected, since Mazdaznan stands for continuous and successive improvement in all things.

To describe the sessions and do them justice is a task that even the best of writers care not to pen. To picture the scene and describe the prevailing spirit is more than an artist would care to undertake. It is enough, the Gahanbar surpassed even the most sanguine expectations and the thoughtwaves created shall continue to increase in power and radiance to the extent of reaching every heart of the Aryan Race.

Sessions usually convened from eleven in the morning until ten at night, thereafter a banquet being served until far into midnight. For eight days the Saints of God and Associates of Mazda gathered in harmonious accord to

display the unsurpassed treasure-chest of wisdom, understanding and knowledge. The impetus unto Revelations surpassed even the most inspired of all Gahanbars held, while the lessons gained, revealed the limitlessness of Intelligence as displayed through the channels of Mazdaznan.

The Golden Gate Centre, headed by Mrs. Hewitt and Mrs. Helen Pearce did itself proud, having laid a cornerstone in the minds of all participants never to be forgotten. The Club House was well and tastily decorated, with fresh greens supplanted daily. The Auditorium Hall and all the Reception Parlors did the cause justice in every way, while the banquet hall presented a picture of refinement and neatness. Though nearly a hundred persons sat down at one time daily, every morning and evening to partake of the seasonable menu prepared by ever ready hands, there was plenty and to spare, and the lessons imparted well worth the thousands of miles traveled by most of the attendants, to receive them. Visitors admitted that such is only possible among Mazdaznan.

When the hour neared for final dismissal it all seemed like a pleasant dream. Still the thought of re-opening the sessions at San Diego, modified the feeling of parting, although the meetings at the Golden Gate shall continue to follow each and every witness.

Among many of the material accomplish-

ments of the Gahanbar at the Golden Gate was a subscription to the Master's Home in Herrliberg, Switzerland, and one to the Master's Fund. The sums subscribed to, surpassed anything ever heretofore undertaken and demonstrated the sincerity of all the representation of the numerous centers present.

It was furthermore desired that the Mazdaznan magazine is a means of propaganda in the modified sense, spreading the teachings of Mazdaznan in their purity, free from adulteration, revealing to the studious minds the source of all the present-day achievements of the civilized nations.

The Gahanbar sessions at San Diego displayed a character all its own and revealed to all the witnesses the inexhaustlessness of Mazda's Designs.

Every and all the sessions breathed the Thought of Peace unto all the Twelve Tribes of the Aryan Race the world over, for—

“Mazdaznan shall the Password be.”

# Mazdaznan Peace Conference

*Opening Address by chairman of the  
Panama Pacific International Exposition.*

MR. CALVIN A. BROWN.

*Recital Hall - Exposition Grounds,  
San Francisco, California,  
Monday 2 p.m., June 28, 1915.*

This to me is more or less of a difficult occasion. I realize the purpose of your assemblage, and I realize the World's condition.

It is customary whenever a body of people meet here upon the Exposition Grounds, to have a simple ceremony appreciative of the fact that you have met here with us to extend to you a welcome and to give to you some slight token of appreciation.

You people, here assembled, represent a movement which I believe has always existed since time immemorial and I judge it has never succeeded. We wonder why it has never succeeded. We realize the different philosophies and schools, that have preached these tenets, differ with you. They preach there can never be Peace. The very fact that you are at war with other schools shows that it is a particular force. If it should ever come to the time that you could impress upon the world that Peace should reign supreme throughout the world, then you will have won

the greatest battle that has ever been fought.

I have thought and read along these lines to a considerable extent. I have had people tell me that all history teaches that no nation has ever grown great except through war. They have gone back to the remotest periods of history, to Assyria, Babylonia and they have said that nations only grew great through allied forces waring for supremacy. They point to Greece; they point to Rome; they point down through the ages and they say the rule has proven true in every age.

Each and every one of us have in our hearts the one idea that it cannot be right, no matter what history teaches, it cannot be right to send our young men in the trenches to be shot down without aggrandizement.

You people practically, if it is possible to be practical on questions of this kind, represent something of a gain, if you are victorious—making a better and happier world. (Applause)

We at the Exposition here, have been engaged, as most people think, in a beautiful material creation. It has been said of us that we have gathered here the greatest architecture in the world. We have the greatest group of buildings the world has ever seen erected in so short a time. The Tower of Jewels with its glittering gems and beautiful oriental colorings is an inspiration to gaze upon.

We have here gathered the greatest exhibits ever produced. Were you to spend five min-

utes in looking at each subject it would require two years and eight months for you to cover the Grounds and you would then lose the purpose of the Exposition.

Dating from the opening of the Great International Exposition to its close next December the 4th, 1915, we will have assembled here over eight hundred congresses, national as well as international. Of these—you are one—and by far not the least. When the Exposition becomes a thing of the past, the Spirit will live. It is what the great Thought-World has done upon these Grounds that will make it new, and the energy expended worth while.

You people here today stand for Peace, meaning that from now on we are to be favored, allowed to develop ourselves, to make the best out of ourselves and our children. If our efforts shall count and not be destroyed in war, it is a wonderful ideal realized and I hope all of the philosophies, schools and all history is wrong and that you are right and that the time will come when the ideals you represent will be impressed upon the people of the world and there will be no more war. God knows it is to be desired far above anything I know of and I would like nothing better than to be able to believe that you are going to accomplish what you have set out to accomplish although no other people within the world have ever known they could reach the goal— except through war.



We of the Exposition did not know if we would achieve it. No man who sets out with a purpose ever knows he can land until he has landed and you have a great ideal and it may be you are right.

The greatest thing in life is the striving for the ideal—the right purpose, for the greatest of joys that can come to man—and you have set your ideals high above the grandest; and if you reach that target you have made a whole world better—worth while.

It is customary here on these Grounds whenever any body of people assembles to show them some token of appreciation and I have here this token. It is marked, to be sure, but the sincerity behind it is great. I thank you most sincerely for your attention to me and it is my greatest pleasure and privilege to present this medal to your most worthy President.

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## Mazdaznan Shall the Password Be

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The Password of ages or ever since the birth of the Aryan race and its separation from the races preceding it, was that of Mazdaznan. Mazdaznan, because it stands for Master-Thought or the Thought that Masters all things for good and better. Anything

that does not tend toward better lessens the standard of good and consequently suggests depreciation. Such depreciations allowed to continue soon suggest difficulties which to surmount necessitate inventions of most cunning devices, the use whereof bring to nought the real object of life. Thus it may be true that under ordinary conditions we meet much in life that may be termed evil, but it is not evil by virtue of nature but due to misuse of the good. All is good and in the presence of man the good is not only to be good but should be utilized for better ends. The maxim of life is good and better. Anything short of this is contrary to design and invites consequences retarding the progress of things and man. No matter what the aspect, no matter how variegated the hypothesis of the mind of man, attempting to give a solution to the problems of life, one thing is certain: man is here for a purpose and that purpose is designed and destined by a Power supreme to the objective, whether in Nature, Universe or Vastness of Space.

Man is the sublimest revelation of God and in consequence of Nature's supremest efforts. Man, made according to and in the likeness and image of God, to fulfill the purpose and object for which he is here on earth is that of being God's only living witness and the incarnation of His Wisdom and Love—in short, God in flesh.

# History of Mazdaznan in Germany

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In the summer of 1907, David Ammann of Los Angeles, Cal., a pupil of Dr. O. Z. Hanish, expressed to the latter the wish to visit his family who were studying music at the Conservatory in Leipzig, Germany. At his departure from Chicago, Dr. Hanish charged him with the mission to teach Mazdaznan in Germany.

Sept. 30th, 1907, David Ammann gave his first introductory lecture in Leipzig before an audience of about one hundred people. Then followed a course of Breath Culture of twelve lessons which was attended with constant increasing audiences and interest. Before this course was finished thirty-two members expressed to Mr. Ammann their intention to found a Mazdaznan Society. The constitution took place in Leipzig, Dec. 6th, 1907.

From that time on the interest for Mazdaznan grew rapidly and constantly, and in May 1908, Mr. Ammann published the German Mazdaznan Magazine which proved a success. Then followed the publication of the German Mazdaznan Dietetics and Cook Book and soon after, the translation of Dr. Hanish's Health and Breath Culture was given out. The success of these publications surpassed all ex-

pectations and lead to the opening of a Mazdaznan Publishing House in Leipzig. The demand for courses began to come in from all the centers of Germany. Soon courses were opened in Dresden, Berlin, Hannover, Bremen, Hamburg, Munich, Frankfurt and Stuttgart. Everywhere the foundation of Mazdaznan Societies was the result. After two years of constant work, Mazdaznan was established in all the great cities of Germany.

Hand in hand with this growth the Mazdaznan publications increased constantly. The Dietetics reached in seven years twenty-one editions, the Health and Breath Culture six editions, the Inner Studies five editions, and the Life of Christ four editions. Besides there were several publications by Dr. med. N. Mueller, on Mazdaznan *Phrenology* and Education, by Dr. med. Oberdorffer, on Mazdaznan Healing Methods, by Dr. Schultz, on Mazdaznan Harmony, by David Ammann, on Mazdaznan Philosophy and Religion, all in all twenty-four books, which were all received with great interest by the general public.

Mazdaznan was going to conquer the educated classes of Germany, Austria and Switzerland. But on the other hand *jealousy* was constantly at work and tried to undermine the movement. Untiring efforts were made to get hold of the Mazdaznan literature for selfish purposes! Enormous sums were spent in order to kill the movement by systematic

persecutions through papers. *All in vain.* The Mazdaznan movement was too well known to be robbed of its literature and too well founded to be extirpated. At last the enemy (with the Jesuites in the background) tried to interest the government in order to get an order of expulsion of the leader, Mr. Ammann, hoping to kill the movement by these means. There were three stages in this proceeding:

1. They tried to find fault with the moral conduct of Mr. Ammann. The meanest tricks were used to defame him. His house was watched day and night by detectives. An investigation was started and a great number of witnesses were heard. But no trace for the least suspicion could be found.
2. After this first effort had failed there was a pause in the persecution for some months. But at the annual Winter Conference of 1913, in Leipzig, which was attended by some three hundred delegates from Germany, Austria and Switzerland, the enemy had discovered another pretext for the expulsion. The altar in the Mazdaznan meeting hall was suspected to be the object of religious rites. So for the second time Mazdaznan was drawn before the authorities on the grounds of performing religious rites, contrary to recognized churches. A number of witnesses

were heard. But all in vain. No pretext could be found that could be sustained by any judge. They had to give up this second persecution.

3. There seemed to be peace for a while. But after several months there appeared suddenly, without any previous investigation or hearing, a constable with an order of expulsion for Mr. Ammann and his family, *on the ground that he was an American citizen and therefore as a foreigner had no right in this country.* Besides there was a certificate of a Doctor of medicine, saying that Mazdaznan hygiene was "doubtful" (bedenklich) to the public good. The order had a pure administrative character in order to make impossible any appeal to the courts of justice. Such a mean trick was necessary in order to reach the goal. *No hearing, no investigation was permitted* for fear it might have the same result as the first two investigations. There remained but one hope: the intervention of the American Embassy at Berlin. The Ambassador promised Mr. Ammann to do his best, but the date of the expulsion arrived without any step taken on the part of the Embassy. So Mr. Ammann had to leave Saxony, May 15th, 1914. About four hundred friends and Maz-



daznan delegates from Germany accompanied him to the station and bid him farewell under a great ovation.

The effect of this expulsion was a marvelous one. It was the greatest help for the furtherance of the movement. Many of those who stood aside were aroused by the crying injustice, unheard of in the history, and confessed openly their adherence to Mazdaznan and all the friends of Mazdaznan are working for the good cause with redoubled efforts.

The International Conference of 1914, which was held in Zurich, Switzerland, July sixteenth to July thirty-first, was the greatest demonstration for Mazdaznan. Five hundred and twelve Mazdaznan delegates from Germany, England and America gathered in the Tonhalle in Zurich to protest against such iniquity. This conference has proven that no power on earth is able to eradicate the noble Mazdaznan movement and that measures taken against Mazdaznan prove to have the opposite effect.

May Mazda continue to be victorious.

DAVID AMMANN.

Herrliberg, June, 1915.

# A Vision

By Dr. Rauth

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On opening the window of my quarters this morning my eyes roamed over the station and the vicinity of the city where fire and cannon left devastation, all destruction had disappeared; for a beautiful covering of snow had spread over the earth, giving the region the aspect of peaceful innocence that knows not and is unaware of the blood shed here, the smoke of powder which arose, the agonizing moans that rent the air and the eyes which closed forever. All has been swept away.

Then I reflected, how insignificant in the world's history and development is this combat of battle, which is engrossing the minds of the people as if the world had nothing left of importance but the drawing of swords of a few nations. The world takes no notice of it; life goes on as if nothing had transpired.

My mind again reverted to the little world in us and our mortal being, and I said, O! what significance to the bodily realm when in one of its organs there is an uprising and war breaks out, and unclean, poisoned cells begin their robbery, even becoming entangled with unclean troops of Parasites, and the unclean has laid hold of and encompassed the entire body and threatened war upon all parts of the organism. How detrimental to the state of health, endurance and the entire bodily structure!

Then it seemed to me that our terrestrial body cannot be indifferent to its cellular-states being at war with

each other, to undo one another, destroying by severing of veins instead of striving to a higher goal in life's general combat, thereby furthering and advancing the whole earthly realm.

And still my gaze clung to this wide boundless carpet of snow and it seemed now as though it was a sign, and that the combat of battle at this place had ceased raging and that all the occurrences transpired be covered with the mantle of oblivion to serve only as a base for a new era, free from the imperfections of the past. In spirit I then saw on this pure white surface a new life flourishing, a new period of racial tribes who had accomplished the purification of the body, demonstrating vigor and vitality.

Again my thoughts reverted to the German comrades who were conceiving the idea of proceeding over this white surface which my eyes behold, to develop thereon new life through unfoldment and growth, and I believe they and all our German people are summoned to lead upward the races, and govern, train and direct this terrestrial body. I fancied it would be possible only to the German cellular-sphere of this terrestrial ball when self-purification and also spiritual realization had taken place. Then must be considered the fact that the German-English cellular-sphere, which in proud egoism has lost sight of collectivity, be restored to health, cured of its spasmodic egoism, and be jointed again to a prosperous common cause. Then is victory imminent and comes Peace, which the German body politic maintains through its executive capability when purification is advocated.

As this is the course Mazdaznan pursues to enable

the German race to become capable leaders through purification, so it appears to me just now is beginning the real action and operation of Mazdaznan, for all of us who have realized the meaning and significance of this Message, or those who have endeavored to apprehend.

Again my eyes roamed over the snow-bedecked surface and I fancied it signified the advance of Mazdaznan, approaching in flowing white robes of purity, proclaiming, "The old has passed away, behold I make all things new!"

With joy I breathed into the clear, pure morning air; yes, with great joy at having perceived and learned of this sublime Message, with thanks to those who were instrumental in my acquisition, who have instructed me, have confirmed, sustained and aided me; and in loving remembrance to the one who will lead this life in Mazdaznan with me against all persecutions, and with gratitude and great admiration for the *one great man*, who with a far-sightedness akin to marvelousness, has made known and proclaimed this Message, seeking to promote it, our great and dearly beloved Master—

Dr. Otoman Zar-Adusht Hanish.

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## The Penalty of Leadership

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In every field of human endeavor, he that is first must perpetually live in the white light of publicity. Whether the leadership be vested in a man or in a manufactured product, emulation and envy are ever at work. In art, in literature, in music, in industry, the reward and the punishment are always the same. The reward is

widespread recognition; the punishment, fierce denial and detraction.

When a man's work becomes a standard for the whole world, it also becomes the target for the shafts of the envious few. If his work be merely mediocre, he will be left severely alone—if he achieve a masterpiece, it will set a million tongues a wagging. Jealousy does not protrude its forked tongue at the artist who produces a commonplace painting. Whatsoever you write, paint, play, sing, build, no one will strive to surpass or to slander you, unless your work be stamped with the seal of genius.

Long, long, after a great work, or a good work, has been done, those who are disappointed or envious continue to cry out that it can not be done.

Spiteful little voices in the domain of art were raised against our own Whistler as a mountebank, long after the big world had acclaimed him its greatest artistic genius. Multitudes flocked to Bayreuth to worship at the musical shrine of Wagner, while the little group of those whom he had dethroned and displaced, argued angrily that he was no musician at all. The little world continued to protest that Fulton could never build a steamboat, while the big world flocked to the river banks to see his boat steam by.

The leader is assailed because he is a leader, and the effort to equal him is merely added proof of that leadership. Failing to equal or to excel, the follower seeks to depreciate and to destroy—but only confirms once more the superiority of that which he strives to supplant. There is nothing new in this. It is as old as the world and as old as the human passions—envy, fear, greed, ambition, and the desire to surpass. And it all avails nothing.

If the leader truly leads, he remains—the leader. Master-poet, master-painter, master-workman, each in his turn is assailed, and each holds his laurels through the ages. That which is good or great makes itself known, no matter how loud the clamor of denial. That which deserves to live—lives. —*Cadillac*.

# Phantasmagoria

---

It is perchance that the people of the world do not realize their true state and condition, for they are just as intent on chasing phantoms as are you and I in the pursuit of knowledge. However, it is a fact, that mankind in general is laboring under two falsities, i. e. *illusion and delusion*. These "fair goddesses" have succeeded so well with their "hypnotic spells", that it is a rare thing to meet anyone in the common walks of life, that has escaped the psychological force of these gilded syrens.

This glittering effervescence of nature's magic illusion has blinded them; they love to drift in this bewildered state, since to follow the trend of non-resistance is easier than to rouse one's self to individual effort. Yet who would wish to break the intoxication of this drowsy, lethargic spell that holds the present day civilization in its relentless grasp? Surely not you or I would have either disposition, strength or courage to do so, since even the great Saviors of the world have refused to interfere in the established rules and customs of man-made laws, however adverse these may have been to the divinely instituted order of things. They preferred to yield up, even life itself, rather than use force and violence which is understood to belong wholly to the ignorant classes whose aim has ever been to force and impose upon others their personal opinions, whether right or wrong.



# Recipes

Edited by Cousin Nellie

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## WAFFLES

Two eggs well beaten together. Add a teaspoonful of sugar and a small one of salt. Two thirds of a pint of milk and a half pint of very cold water. Beat in a handful of fine corn meal and flour enough to make a batter like thick cream. Add a long-teaspoonful of butter, which will of course be melted, and two level teaspoons of oil. In baking do not grease the irons more than is absolutely necessary to keep from sticking and do not put in too much batter.

## SOUTHERN BAKED TOMATOES

Use an *earthen ware* baking dish of the size desired. Cut up peeled tomatoes to nearly fill. Season with sugar, salt and pepper to taste. Add a very generous piece of butter and some bread crumbs, which must not be too fine and not enough in quantity to thicken. Bake in slow oven about two hours.

## CORN PUDDING

Cut green corn from cob. If a little old, split the grains but do not grate. To a pint of corn add a scant three-fourth pint of milk; two well beaten eggs. Two level teaspoonfuls of sugar; salt and pepper; a piece of butter, size of a walnut. Bake in moderate oven until well set and brown. Serve with baked tomatoes.

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## Invocation

---

Breathe out, Breathe out, O Savior of Liberty,  
The beauteous gospel of liberty upon all minds,  
That with understanding we may breathe in  
intelligence born without fear, nursed  
without favour,  
A free distributor of knowledge to all men.  
At times that sense of duality still clings to  
my form, as if a reality,  
Until the sun rises within my soul and sheds  
its rays gorgeously into my deluded mani-  
festation,  
Revealing repeatedly, like the sunbeams unto  
the dawn,  
That the light exists everlastingly,  
That I am one in Thee and Thou in me,—  
inseparable.  
Rise, yea, rise to the very zenith of under-  
standing,  
That humanity may awaken to a fuller con-  
ception of what it means  
To be mentally and physically free,  
To bring forth from out of our innermost the  
Savior of Liberty,  
Born again for man, conceived by the Virgin  
of pure mind and undefiled,  
To proclaim the message of a country free.  
And may that blessed name of Liberty  
Take flight through the world upon that celes-  
tial morn

And lead us to our birthright, which gives a  
heritage to all.  
As the hour of midnight, the end of oppression,  
draws near,  
May I be ready to carefully collect every crumb  
of past uselessness  
And whirl them into the furnace of the mind,  
And consume them by the fire that burns by  
love divine. Standing alone upon my feet,  
it dawns upon me that in looking back-  
ward,  
I must take heed of the past and remember  
it no more,  
For it holds nothing for me  
But the mouldering of dead bones of untimely  
remembrances.  
I am to welcome the day of Liberty  
And give praise each day after the manner of  
the All Loving,  
And thus through life express the purpose of  
manifestation,  
Recognizing the rights of my brother,  
Who like unto myself is the reflection of the  
Self-Same-Radiance.  
No longer shall I hide my light of understand-  
ing under a bushel,  
But fearlessly shed broadcast ideas of justice  
To brighten the paths of others  
Recognizing their rights to do the same,  
Hasten the day, reveal the hour, I come to  
Thee. Be it so.  
And unto this end let all things prosper.

# SERMONETTES

---

THE *right* always aggravates might—but  
might is not right.

---

IT matters little as to the opinions of others,  
as opinions are neither the fruit nor the  
bloom of mentality but bargain records  
run off the reel of a "funnygraf."

---

AN opinionated person is one who has to  
have others tell him as he has no mind  
of his own.

---

CAST-OFF-CLOTHING and opinions are akin to  
one another and he who uses either is  
reduced to necessity.

---

THERE is no need for a special reduction  
sale of opinions as they ever adorn the  
bargain counters of a basement in scan-  
dal-mongery.

---

SPECIALIZATION may be necessary in a sys-  
tem of commercialization but it is grind-  
ing, wearing and destructive. Compara-  
tive study and application is the only means  
toward advancement and perfection.

**D**EEDS speak louder than words, but both of them should be good and then they shall speak for themselves.

---

**A**s night merges into day and vice versa—even so apply themselves the nature of God and Man to one another that perfection may reign throughout all the accomplishments of life.

---

**E**VEN the realistic is poetic, although oftentimes we may lose sight of the latter owing to too much absorption in the objective. Nature in all her phases is the result of idealistic concepts. She simply enjoys in the objective the spirit of ideality. Let us catch the good Spirit of Nature and find in her the saving-powers unto godliness.

---

**T**HE unproductive class may be likened to parasites afflicting innocent vegetation. Parasites are most alarmingly increasing in field, garden, orchard and groves, to the same corresponding degree as in the whole of human society. Manifold are the means offered to ward off disaster, still only a few have realized that all the measures used only stimulate the condition for a time, giving rise to greater evils. The only way in horticulture is attention to *congenial relation*, in human society *eugenic evolution*.



# SEASON HINTS

---

SEPTEMBER morn."

---

IT'S no joke, we mean it. Especially for those who are troubled with catarrh of stomach, throat and the head. Go into a running stream or a pool before Khorshed gets an eye on you. The man in the moon won't be there at that hour. Thus do not fear; to principle adhere.

---

WHITE grapes may be used by any temperament; all other grapes, only by a few. Grapes and raw or toasted mill cereals go a long way toward building healthy tissues and eradicating nerve troubles. By mill cereals we mean plain rolled oats, rolled wheat, farina, petite pearled barley, etc. Do not use any of the prepared package foods.

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MOST wholesome bread, are dough-gods, exposed to the sun for six hours and thereafter dried in the oven until turning a light golden. Eaten with ripe figs, sweet prunes, peaches, apples, avacadoes and mangoes one will never need to glance down the rubric of pharmacopic dictionaries.

**H**OMEOPATHY is best applied to the rations of food, Alopathy to labor. Osteopathy goes with persistence. Chiropractic does well with minding one's own.

---

**D**YSPEPTICS should take three prune pits or the pit of a peach every other day for a month as the small quantity of prussic acid will eliminate the poison interfering with digestion in dyspepsia.

---

**V**ALENCIAS and Thompsons are in season. But oranges are better when pressed into juice. Used with hot biscuits or hot rolled wheat will prove remedial. Some temperaments cannot use oranges with good effect. A hot biscuit will help to overcome the difficulty

---

**S**MALL hot peal-potatoes and cold clabber are in order. Three potatoes and one cup of clabber constitute a fair meal. Taken once a day will fill the bill and do much toward recuperation. It is better than two week's vacation on a *board-farm*.

---

**S**WEET corn and green corn are both good when tender and young. If otherwise then steam or roast. If the skin is tough pass the steamed corn through a collender or sieve and add a little sweet cream when hot, sour cream or clabber when cold.

# Zarathushtra

---

SEPTEMBER nineteenth, recalls to our mind the coming into realization of the Higher Consciousness of God's intelligence in the wane of the sign of Virgo, and the return to first principles at the height of seasons, culminating unto the harvest of the fruits of nature's labors, crowning our efforts with success. Thousands of years have passed; numerous have been the vicissitudes of life; tremendous has been the price paid in experiences; still, what are all the terrors in comparison to the joys of final accomplishments. Though prophets may have been stoned, killed or crucified, their good thought has continued to live in the hearts and minds of the better class and kind.

Zarathushtra lives today, requickened in hearts more numerous than in all the ages past. Though confessed by many more lips, the hearts were far from comprehending his real purpose. Only those who do the Will of Mazda are at one with Zarathushtra. In every country of continents and isles the faithful worshipers light the fires of commemoration unto the manifestation of Law and Order; one who calls attention to the fixed laws of heaven and earth and by virtue of due application the earth may yield to man the fruits in which lie the spirit of final emancipation,

the only means furthering the process of higher developments correspondingly to those of the evolutionary processes of terra firma.

Zarathushtra revived agriculture and horticulture in general, proving that it lies within the province of man's heart, mind and hand to restore nature to her former state of perfection and that in the seeming lies the seed of greater possibilities. He demonstrated his knowledge of hybridizing and pollenating the plant life by creating numerous varieties of grains and vegetables, fruits and nuts—methods whereof are again being pursued most vigorously to the delight and pleasure of the student of nature, and the good of humanity. Instead of imposing upon man's good nature with bottled or sugar-coated poisons, Zarathushtra called out the remedial agents in plants and thus offers us a variety of "leaves of healing." How much better it is indeed to "eat for our health" and to "drink for our health" than to break law and order and then resort to mean agents of the adversary.

September nineteenth is the day of injunction by divine permission. We must enforce law and order by teaching man to return to first principles.

# The Federation of Nations

## (Thy Kingdom Come)

---

THE aim and dream of poets and saviors, is about to be fulfilled; notwithstanding, the experience of history and the daily-walk, "*Federation of Nations*", or of the *Twelve Tribes* of the Aryan White Race, based on mutual goodwill and understanding, leading unto the *final emancipation*, even of the millions", is at hand; and *war*, that monster of *ignorance* and *superstition*, that instrument of Black Hand Christianity, of *criminal politics* and degenerate commercialism, be it individual or collective, is to be swallowed up; and Peace, the "Peace that surpasseth all the present understanding of Man",—as foretold by the "Prince of Peace" and again and again repeated by the "Light that Shineth in Darkness",—Mazdaznan,—is to reign supreme. True national pride will lose naught, but national bigotry, (so generally mistaken for the former), that dares to knowingly break the laws of God and His witness, Man, will *reap the whirlwind*, and be forever obliterated.

Nothing but Peace will now satisfy, all else is vanity; hence this *determination* for concord must win, destroying once for all time *destruction* itself and the *powers of evil*, (or in a word, the enslavement of the individual):

be it physically, mentally or spiritually, thus bringing about true justice, health and liberty, — "salvation."

Ever stronger dawns upon the thinking mind, the object and purpose of Life, necessitating an Infinite Scheme, founded on Divine Love and Wisdom, — a goal to be attained.

Haphazard-thinking, just as haphazard-living, is fast under the present stress of iniquity, being uplifted into economical usefulness, — turned into thoughtful action. For Individual Thought, is hourly progressing, beyond all verbal expression of rapidity.

"The Fatherhood of God and the Brotherhood of Man", is being realized, as the only solution to the problem. Who and what is God, and who and what is Man? To whom can the world appeal? Where shall it turn? For do not the times conclusively show, that courts of arbitration and international law, based on common humanity, availeth nothing; that the jurisdiction of munitions and the bayonet, but make matters worse; that the diplomacy of authorities, aggravates, rather than improves, and grows weaker and baser in the futility of unchristlike efforts? Do not even the offerings of prayers, though specially prepared and beautiful in their diction, seemed to have missed the mark, and to have indeed "Wearied the Lord"; for has not the carnage, after the dates of their prescribed utterance, instead of lessening, great-



ly increased, continuing to do so? Can anyone say otherwise?

In truth, the "Prophecy of Ship by Ship", signifying death or victory, on sea or land to one side one day, to be reversed the next, is being literally fulfilled. Again, has a Napoleon appeared to break the fearful and hopeless monotony of trench and mechanical ineptitude, that devises, but gains so little, making even high sacrifice appear fruitless? And what "great drive", if any, has proved decisive?

A stalemate or deadlock, so extraordinary that human ingenuity seems powerless to effectually break it, is already in evidence and apparently daily becomes more so. Thus, it is commonly said, "one side cannot give up, and the other wont."

Who then is to be the arbiter of justice? This, even today is the dominant and crucial question of questions, and the one that must be satisfactorily answered, before *Peace* of any kind can be consummated or even *Peace Terms* discussed. As it is, sinner as well as saint may well say, "How long, O Lord?" And yet somewhere there must be someone. Who indeed, outside of Mazdaznan, the true *man* or *woman*, who belongs to the world, who is *cosmically neutral*; who is really *Christ-like*, in his or her ideals and *lives* them; the one who is free from all attachments, endowed with that sense of *justice* or *principle* to

dare to "*Stand Alone*", —surely it is only such that can bring about Peace, —Immortal Peace. If not, could there be any natural or divine law, applicable and of value to this planet, in its evolutionary character?

Hence, how right and fitting, that the great and destined movement of "*The Federation of Nations*", the *reunion* of the Twelve Tribes of the Aryan White Race, should have originated with Mazdaznan, at their 20th Semi-Annual Peace Gahanbar, held at the Panama-Pacific International Exposition, San Francisco, California; and under such auspices, where the Golden Gates of the West, stretches out its hand of cordial fellowship to the Gates of the East, situated on the far-off slopes, north of the Hymalayas (the cradle of the White Race), across the Seas named Peace; and that as predicted, since *time immemorial*, that this *sublime scheme* of *culmination* and *independence*, should have been inaugurated and proclaimed, and in detail described, on the "Day of Independence", the "Glorious Fourth", 1915 (or 1920 after the Birth of our Savior) by Him who specially came to this Savior Continent of America, as the *dedicated messenger* or *herald* of the *noblest* and *purest* of all practical Peace Messages, Mazdaznan, — the Rev. Dr. Otoman Zar-Adusht Hanish.

And the everlasting honor and credit of the United States of America, and particularly to the purified City of San Francisco, be it

said, that Mazdaznan was highly commended and duly recognized by President Moore and the Officials of the Fair (representatives of peace, determination and progress), and that it was at their entirely unsolicited invitation, that the opening sessions of the ever-to-be remembered and epoch-making Gahanbar took place in their aptly named "Festival Hall", beautiful beyond description. Commemorative of the occasion, and also as a token of appreciation of the great object of Mazdaznan, a special medal was struck off and was eloquently presented, with their address of welcome to the numerous delegates; many of whom had traveled thousands of miles (some as much as eleven thousand miles) to be present. One Official was so impressed, as to say, that after months of investigation in Europe of the situation, in his opinion, Mazdaznan alone could make Peace possible.

And so Peace is to be shortly ushered in! Like the birth of a child, the Thought of "*The Federation of Nations*", has been conceived, has taken root, will grow and mature. In those *happy times* soon to smile upon us, each nation will retain its own, each with its boundaries fenced. The Flag will still remain as now but flying above each standard is to float the *white banner* or *streamer* of Peace, with the magic word of Peace thereon, in token of the covenant of redemption agreed upon, and signifying, that "principle and

good-will", have come to stay. Total disarmament will for sometime be impracticable. Only sufficient forces for protective purposes, will be maintained by each tribe; so that coordinately the "Federation" may, as it were, police the globe; sustaining and administering justice and preventing any possible attack or infringement from races, still inferior to their own.

Let those who doubt the momentum, efficacy and realization of "The Union of Nations, the Parliament of Man, the Federation of the World", remind themselves that even so, at the time of America's "Declaration of Independence", most of them also doubted. And just as the names of those indomitable and noble men and women, are today renowned; so will be the names of each and everyone who by their presence and support, made this much *Greater Declaration* possible, — yea, even more so.

August 3rd, 1915.

—Guromano.

## The Exposition Gahanbar

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THE sessions of the Gahanbar held at the Exposition grounds and immediately after at the California Club House may have come to a close but the resolutions passed and the declarations announced upon such a sacred occasion are growing from day to day. Already the world has caught the spirit given birth there, and the good Thought has taken wings. The atoms are charged with the Peace Thought while the waves of ether are carrying the message of final emancipation to every heart of the Aryan White Race. "The Federation of Nations" is being made a reality. Already diplomats are framing plans whereby a basis of general acceptance is being laid. Like a flash of lightning from a clear sky, the Peace-Thought of Mazdaznan has cleared the way to the better hearts and minds, while others readily follow. As "the prayer of the just accomplishes much," even so the thought-waves of Peace pronounced by the one hundred and forty-four thousand Elect, accomplish the desired end. A prayer to be of value is to be uttered in one's own closet, behind closed doors, even so the Elect have agreed to send messages of Peace privately to all the Twelve Tribes of the Aryan White Race,—even "the Peace that surpasseth all the understanding of man."

## Count Leo Tolstoi

---

THOUGH he no longer walks in the garb of terra firma his spirit continues to hover about us reminding us of a fuller life than that viewed from a materialistic standpoint. His life and works stand out as a chain of grand revelations due to an impetus born of higher motives, prompted by inspiration. As autumn comes upon us so his *Vision* grows in importance; the last of his many inspired *Visions* which give out the forebodings of coming events. It was in the shadow of eventide that the panorama, materialized in Europe since 1912, passed before Count Tolstoi's mental compass in the autumn of 1910.

Count Tolstoi was no doubt the most maligned, envied, persecuted and scandalized man in his line of work for generations. Still he held his own to the very last and that his seducers might not be given an opportunity to malign him to the very last he wandered away from home that he might die in Peace.

When a copy of his *Vision* was presented to the heads of nations they thought it a clever piece of literature—all but *one*; he took it seriously; he pondered upon it much. Reading between the lines, that *one* of the many monarchs no doubt recognized the importance of his mission. True, it is by no means a pleasant one, for great are the responsibilities.



The position is a most difficult one. It cannot be said that he acts by virtue of his own will. Were it so he could not have withstood the terrible pressure brought to bear upon him. As a child of circumstances he is impelled and compelled to follow the promptings of a greater power than his. It is not for us to judge whom he serves or to what end he labors. It is enough to know that there are principalities and powers, realms and forces at work which no one can define. We can only see the phenomenal side thereof; we only view the panorama, still back of it all there is a great principle now involved as the phenomenal sufficiently proves.

When the work shall be accomplished, he as well as we shall be glad of the end and with the Savior upon the cross call out in bloody sweat: "It is finished!" We may then, if not already, feel with him, but never comprehend the consciousness of burdens resting upon his shoulders. Therefore, let us remember, "Judge not, lest ye be judged also."

It is a terrible price to pay for a position of honor and of responsibility. The Savior paid it through a life of indescribable sorrows and that of the bleeding heart upon the cross; "The Man of the North" passes through a crisis no one will ever be able to depict. Conscious of the price, he cannot retrace his steps but like the Savior in Gethsemane, simply utter: "Father, if it is possible, let this bitter

cup pass me by; but not mine, thy will be done."

But how about all the other men of responsibility, the other monarchs? Ah, why ask! Are they not, too, children of circumstances? Envy them not, but rather be thankful to the Supreme that to you has not been allotted a position of complicated responsibilities. Maybe it is true that they one and all, have contributed their mite toward the hastening of this cataclysmic culmination; still, it is all within the nature of things, and owing to complications of a nature beyond ordinary comprehension manifests in the inevitable. It is not a case where one or the other, or a few, are at fault. If there be any fault, all of us have to share the blame equally. This point gained we shall seek "the Peace that surpasseth all the understanding of man" which removes all misunderstanding. The state of Peace that suggests measures of mutual understanding and leads toward the only solution of racial problems—the creation of the

"FEDERATION OF NATIONS"

# Vision of Count Tolstoi

## (Autumn of 1910.)

This is a revelation of events of a universal character, which must shortly come to pass. Their spiritual outlines are now before my eyes, I see floating upon the surface of the sea of human fate the huge silhouette of a nude woman. She is—with her beauty, her poise, her smile, her jewels—a super-Venus. Nations rush madly after her, each of them eager to attract her especially. But she, like an eternal courtesan, flirts with all. In her hair-ornament of diamonds and rubies is engraved her name: “Commercialism.” As alluring and bewitching as she seems, much destruction and agony follows in her wake. Her breath, reeking of sordid transactions, her voice of metallic character like gold, and her look of greed are so much poison to the nations who fall victims to her charms. And behold, she has three gigantic arms with three torches of universal corruption in her hand.

The first torch represents *the flame of war*, that the beautiful courtesan carries from city to city and country to country. Patriotism answers with flashes of honest flame, but the end is roar of guns and musketry.

The second torch bears *the flame of bigotry and hypocrisy*. It lights the lamps only in the temples and on the altars of sacred institutions. It carries the seed of falsity and fanaticisms. It kindles the minds that are still in the cradles and follows them to their graves.

The third torch is that of *the law, that dangerous foundation of all unauthentic traditions*, which first

does its fatal work in the family, then sweeps through the larger worlds of literature, art and statesmanship.

The great conflagration will start about 1912, set by the torch of the first arm in the countries of Southeastern Europe. It will develop into a destructive calamity in 1913. In that year I see all Europe in flames and bleeding. I hear the lamentations of huge battle-fields.

But about the year 1915 a strange figure from the North—a new Napoleon—enters the stage of the bloody drama. He is a man of little military training, a writer or a journalist, but in his grip most of Europe will remain until 1925. The end of the great calamity will mark a new political era for the Old World. There will be left *no empires or kingdoms*, but the world will form a Federation of the United States of Nations.

There will remain only four great giants—the *Anglo-Saxons, the Latins, the Slavs and the Mongolians*.

After the year 1925 I see a change in religious sentiments. The second torch of the courtesan has brought about the fall of the church. The ethical idea has almost vanished. *Humanity is without the moral feeling*. But then, a great reformer arises. He will clear the world of the *relics* of monotheism and lay the cornerstone of the temple of pantheism. God, soul, spirit and immortality will be molten in a new furnace, and I see the peaceful beginning of an ethical era. The man determined to this mission is a Mongolian Slav. *He is already walking the earth*—a man of active affairs. He himself does not now realize the mission assigned to him by a superior power.

And behold the flame of the third torch, which has already begun to destroy our family relations, our stand-

ards of art and morals. The relation between woman and man is accepted as a prosaic partnership of the sexes. Art has become realistic degeneracy. Political and Religious disturbances have shaken the spiritual foundations of all nations. *Only small spots here and there have remained untouched* by those three destructive flames.

The *anti-national* wars in Europe, the *class war* of America, and the *race wars* in Asia have strangled progress for half a century.

But then, in the middle of this century, I see a hero of literature and art rising from the ranks of the Latins and purging the world of the tedious stuff of the obvious. It is the light of *Symbolism* that shall outshine the torch of *Commercialism*.

In the place of polygamy and monogamy of today, there will come a *poetogamy*—a relation of the sexes based fundamentally upon poetic conceptions of life.

And I see the nations growing wiser, and realizing that the alluring woman of their destinies is after all nothing but an illusion.

There will be a time when the world will have *no use for Armies, Hypocritical Religions and Degenerate Art*.

Life is evolution, and evolution is development from the simple to the more complicated forms of the mind and the body.

I see the passing show of the world-drama in its present form, how it fades like the glow of evening upon the mountains. One motion of the hand of Commercialism and a new history begins.

# How do We Feed This Body

LECTURE BY OUR MASTER, April 9th, 1915.

---

THERE is no doubt but that we have come together to reason upon a subject that all the world is interested in (and interested in more *now* than ever before) and that is the food question. Everything in nature composed of a compound material of whatever form or being, lives by being fed. Everything in nature must be perpetuated by being fed, whether it be plant, animal or human life. Thus, the thinking, reasoning, analytical person wishes to know how to feed intelligently these different expressions of nature. To eat, we all *must* of course recognize, and we also recognize that we are apt to over eat, to eat wrong combinations, not considering our temperamental make up or our peculiar characteristics; the question then is, what is the right food; what are the proper combinations; how must I feed this body to derive the most good from it. When we enter the mechanical, commercial field we naturally ask ourselves, how can we manage affairs to the best possible advantage; how can we economize in every way that we may receive the most benefit from it all. In every department we desire to economize the resources of nature. It is this very *idea* that has made it possible for



us to enjoy the blessings that are ours today, electric light and power; gas, light, heat and power; waterworks, running water, sewerage system; is all due to our efforts to economize, that we may derive the greater good with the least possible expenditure of time, effort and expense, and have commercialized everything relative to the commodities of our every day existence. That is why we have our circuses today. It is too expensive to keep a zoo in every town and city, so to economize, a zoo was put on wheels where everybody can now see the various animals that inhabit the earth. Yes, everything animate or inanimate must *feed*. The plants feed on moisture, water and elements contained in the soil and air, attracting to itself just as we do our breath. It has the ability and intelligence, just as man has, to retain these various compounds, converting them into the substance that govern its growth and development, and in the degree that it uses and applies *these*, does it build its cellular tissues and expand, bloom, bear fruit fulfilling its mission. We even go so far as to study the evolution and *modus operandi* of the plant life and here we find there is nothing but *life, life, life*, and this life-principle presents itself in infinite varieties of forms upon all realms, phases and operations, yet the action ever remains the same. This one great principle *Life* is to be found in every human being; in every animal; in every plant;

in every animate and inanimate thing that exists. In fact they exist by virtue of this life-force. In sunshine, air, water and earth it is these elements of life-substance that imparts to them their existence—*Life*. In accordance to place and plane on which this principle manifests and works, will it take on characteristics of that particular realm, place, plane, in which it operates; so that the life germ in the air, when it passes on and takes on the tendencies of the ethereal realm, it now changes in appearances according to its operations, but as to origin it remains the same.

Do we feed right is the question; the microbes in us is sufficient answer, the baccilli within prove that we do not. They weary the mind, they gnaw upon our constitution, create disease upon disease, wearing us out, tiring and sickening us, and retarding our progress, making the path difficult, preventing our doing the things which are so essential to our higher development. Mazdaznan comes to aid us in throwing away the sophistries of man and tells us how the problems may be met and solved.

But to come back to the question, do we live right and properly. If we did, we would at least enjoy what the animal kingdom does and what the vegetable kingdom does; considering the fact that we are more highly evolved we should at least so live, that we may no longer develop the microbes from

which diseases come. We are not to talk about wrong methods of living, but rather what will solve the question, what must I do to be saved? Let us study and investigate our own nature that we may find the compounds and congenial foods necessary to our own growth. Look at nature, she produces four seasons, springtime, summertime, autumn-time, wintertime and each season brings forth its own kind, according to climatic tendencies and conditions and operations. Now then, watch the products of the climate in which you live to the extent of applying yourself and learn to subsist largely upon the products of the season, following each season; then living up to the season's products. Impress this upon your mind; do not forget it; watch nature's products and learn what is congenial to the further development of the human body. Remember nature is our study; nature holds the secrets which we are to solve, as every thing in nature is best, most rational, most scientific. We find there is to be just so much of a percentage of soil compound, just so much salt, minerals, alkalies, magnesia, silicon, potash; just so much moisture, water, nitrate, copper, iron and just so much must come thru the air to the plant, as an etherial compound, to induce the thriving of all plant life; just so much sunshine and inasmuch as it absorbs will it thrive, grow and develop. Analyze the plant and we find that sixty-five percent of

its compounds consist and are drawn from the soil; while thirty-five percent of its compounds are drawn from the air, sunshine, moisture, fog, dew and rain. Apply this to your life which means that you will grow and thrive well if you keep within the boundary lines of nature's laws. The basic foods that nature produces where you live must be of sixty-five percent, while thirty-five percent must come from the tropics. Thus we may be filled with health, strength and vitality.

*How to eat*—all food must be thoroly moistened with salivary juices, well masticated so as to aid digestion and assimilation. Away with theories, sophistries. What we want is knowledge, common sense applied. We want demonstration.

First meal of the day is to be that of an eliminating tendency; the noon meal that of tonic; the night meal is to *feed* the body.

Through our method of living and selecting the right compounds of food that go to make cellular tissues, we gain health, strength, becoming immune from all diseases; perpetuating and upholding ourselves through the most trying conditions.

These two great problems solved we gain new vistas, new realms open up before us according to our promptings and desires.

## Around The Table

---

PROPHECIES and trains are subject to change but they manage to reach their destination somehow.

---

SOME of our contemporaries complain that certain prophecies have not been realized at the time foretold. Evidently these contemporaries are not aware that "circumstances alter cases" and even the best Limited may be delayed by some freight train on the track.

---

SEPTEMBER is to make good for the money delayed and every participant is to receive what's coming to him. Wow-wow!

---

"MEIN Vaterland muss grösser seim;"  
*War—saw* ueber allies.

---

THE insufficiently informed still pronounce *Kultur* by saying "Kill—tour,"

---

THE greatest menace to human society are submarines and *scandal-mongers*.

---

"THE makers of aggressive wars are politicians . . . kings, popes, barons, and ministers of state," so says our *Army and Navy Journal*. They must be copying after *Watson's* and *The Menace*.

MAYBE some smile at the idea of using baled straw for bread making; still analysis shows that there is more nourishment in scientifically fermented straw than there is in the lifeless American white baker's bread. The Department of Agriculture better investigate.

---

WERE we to take seriously all the editorial blossoms offered the public since the European war began we would have all died of the pest.

---

WAR is a terrible thing but scandal-mongery is by far more contemptable. There comes an end to the former, while the latter continues to go on, working its mischievous work among the better class of human society. To down it will require a stronger will and determination than that of "THE MAN of the NORTH."

---

COUNT TOLSTOI calls the *Kaiser*, "a strange figure from the North." Referring to him as "a writer or a journalist," Count Tolstoi, no doubt, recalls the incident of former days, when William Von Hohenzollern, assisted by his companion, wrote, composed, proofread, printed, posted and bound his own literary production. At any rate Count Tolstoi prophesies that "in his grip most of Europe will remain until 1925".



MORNINGS and evenings are growing cold sometimes.

---

YOU should never ask what comes next for there is always some one's turn.

---

A GLOWING log at times is a mighty fine object to dispel the creeping sensation of cold feet, hands and nose-tips.

---

UPON the battlefield of nations it is distant guns and submarines that cause disaster; in slaughter houses of dumb creatures it is the *swift-armour* that wields the blow.

---

IT actually consumed forty years of *talk-ing* war and only *one* day to *declare* it. It is like the proverbial case of the lawyer who had nothing to say in answer to the other side but simply, "talk is cheap", and thereupon won his case.

---

A YEAR in war has already passed; the wave of Peace is growing fast; just one more move of the magic wand and we shall all be lead by God's own hand.

---

"IF we only knew just what is right and proper", such is the query from every side. No longer would we ask if we only adhered to the mandate: "When the height of any state is reached—change your tactics."

## Mind Wanderings

---

It is too bad, indeed, that we can't use our foresight and make better use of our gifts and talents, the application whereof would assure joy and felicity to the greater number of fellowmen; it seems we just can't help falling into the molochal hand of the adversary and get a good spanking.

---

It is a shame; but what can we do as long as the other fellow won't.

---

EVEN spanking does not seem to do it. Then what will assure a change for the better? The answer is: look deeper into the subject matter of life; do not stop at the phenomenal; find the plane where spirit meets matter and remember that *Thought is Power*. Measures may keep in check a portion of the present generation but it won't remove the evil. To rid ourselves of evil tendencies we must begin with conception. The condition and environments at conception and thereafter during the periods of gestation do more toward the moulding of character and temperament than all the measures after birth can erradicate. Study Eugenics in conjunction with evolution and you shall see more clearly the "Follies of Generations."

WHERE science fails to impart a lesson disasters will.

---

EUGENICS is another subject that politicians and ecclesiastics most strenuously object too as in the general Knowledge of Eugenics ignorance sees its death-blow!

---

IF Science worked as persistently as politicians tenaciously cling to ignorance with an iron hand, clinching every opportunity that sustains them in their perch, things would culminate more quickly.

---

NOT predigested foods are needed but masticated foods are of inestimable value to well-being. Nature has most ingenuously prepared the food for man. Most of it should be used raw; other products may be baked, steamed or fried. But inasmuch as raw food should be fresh, even so everything prepared must be used while yet warm. So-called predigested and scientifically (?) prepared foods are not for man. Take care of your body in a way that will insure mastication, thorough digestion and assimilation will follow. The laboratory of the human body surpasses all mechanical inventions, for that which conducts its own repair is akin to perpetual motion.

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

---

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## Life's Guerdons

---

Two mountains rise on life's pathway;  
Tabor, where joy, like smile of God,  
Transforms dark night into bright day,  
Fleeing at once life's shadows away.

From calvary's height, rugged, steep,  
The wavering soul fain would flee.  
God sweetly veils in mystery deep  
The secret purpose of his deeds.

Angel of sorrow, angel of joy,  
Inseparable Guerdons,  
Revealing through sad calvary  
Transcendent joy, Mount Tabor.

Then shrink not, my soul, from sorrow,  
For that mantle of sombre gray  
Turns glistening gold tomorrow,  
Revealing joy—God's endless day.

## SERMONETTES

---

**A**UTUMN leaves begin to fall; still we learn a lesson from them all.

---

**H**AVING accomplished our work on one plane we have to apply our talents in another plane.

---

**P**OSSESSIONS bring on obsessions and the degree of the one determines the extent of the other.

---

**I**T may pain the heart to see the good seed sown, go to waste, still satisfaction is not always in the harvest, the joy of doing after all being the better part.

---

**T**HE grains, intended for the ground, given to fowl, return in eggs and thus reveal the life to be.

---

**H**E whosoever looks for immediate returns has not gone far enough into things to deserve them.

---

**T**HE artist who expects high remuneration for his productions is a psuedo-artist; his name and fame is forgotten as readily as ill-gotten money is spent.



**P**EACE conceived in the heart and gestated by the guidance of a conscious mind will be born to live unto salvation.

---

**E**QUAL recognition insures equal rights; the latter assures equal distribution, be it in labor or its rewards.

---

**H**APPINESS is a state that cannot be gauged by possessions, no more than a state of health is assured by gormandizing.

---

**E**CONOMIC measures prompted by reasonable thought, are the only adequate means assuring happiness.

---

**A** STATE of happiness is as vast as a solar system, the extent whereof depends entirely upon the viewpoint and individual definition.

---

**B**ECAUSE the one derives more good at the seashore, while the other claims greater benefit in the mountains, does not prove either of them wrong but both as being right.

---

**A**FTER all everything is but a means to an end. To the extent we forget purpose and destiny do we invite dogmatism which narrows our possibilities into grooves of misery.

## SEASON HINTS

---

**N**OW that fruits of all kinds are in abundance they should be used in larger quantities, especially the perishable kinds. Eaten with corn bread and corn preparations they will add greatly to proper elimination and consequent perfect assimilation.

---

**M**OST vegetables coming to maturity at this time are staple products. They will retain their nourishing properties for months, especially if kept in a moderate temperature. Just now follow the bidding of nature and partake of the golden fruits of the hour.

---

**I**T is not necessary that we partake of every fruit that grows. Variety is for the purpose of meeting every demand and reaching every temperament. Make a better selection than Adam and you won't be handed a lemon.

---

**P**OTATO roasts, corn roasts, pumpkin and squash roasts, even those of diverse gourds are in order. Nightly the folks should go out by some running brook or the canyon, the seashore or some lonely spot, and partake of nature's treasures with thanksgiving in our hearts.

**D**RIP coffee in the morning and instantaneous tea at night are in order, but remember that fruits have to go with coffee; vegetables go well with tea.

---

**C**LABBER, whey, fermilac and many other milk preparations, used sparingly or in homeopathic doses will prove their remedial potencies in all cases.

---

**T**HE constant change of pure food laws goes to show that there is no remedial virtue in medicines. All the latter can do at best is disinfect, counter-irritate or stimulate. This being the case we had better study the relative correspondence of foods and their virtues.

---

**A**CIDS and starches may induce fermentation or rather manifest it in the chemical analysis conducted in a laboratory but in the human apparatus such a process is materially changed. Nature there demands starches, aided by proteids, to absorb all acidulous accumulations. Rolled oats and wheat in their raw state go farther in eliminating uric acid than the best known medical compound, and where much fruit is eaten a little handful of rolled wheat or oats will aid greatly in toning up the general constitution.

**W**HERE we use good judgment we surely will never run a risk. Remember the moral in Adam's case.

---

**I**NSTEAD of pie, bake your fruit in a covered earthenware dish.

---

**I**F you crave for something pasty have some dumplings, rivalets, macaroni, spighetti, noodles or zcsure.

---

**T**O everything we eat we should apply the thought-wave: "Not how much but on how little may I thrive best."

---

**S**AVORIES like dill, fennel, anis, sage, and so forth, are of value at this season and should be alternately used with our meals. The effect is not only pleasant to the sensories but of value to blood and nerve, assuring greater muscular stamina.

---

**A**N occasional fast, selections of food, seasonable attention to *alvine* calls, and obedience to *renal* functions, as well as lightness of underwear, a happy mood, a song and a smile, accompanied by a glad hand for everybody will keep one in health, and he who lacks health let him follow this rule for a year and he can be assured of perfection.

## The Hours of Evening

---

WITH the change of season not only comes change of program, inviting the mind and the body for recreative studies, but there is a desire to collect the crumbs of past seasons and amalgamate them into a complex whole, like flakes of grains are kneaded into the dough that gives us the loaf after baking. We not only wish to have enjoyed the pleasures in time but to enter a state of reflection, recollecting the pleasant hours of the days gone by, and bask in the golden rays of memory. For this reason Nature shortens the days and lengthens the shadows of evening, inviting us to contemplate at the fireside of the life that never dies. Thus thread upon thread, taken up and tied together, entwined at intervals, produces a most beautiful veil, which adorns our being rather than keep screened from us our future. Yea, that veil we have woven by virtue of the golden days of experiences, will keep us screened from the touch of the uncanny, as are protected the objects of nature under the cover of the night. Within the firmament of our own life alone there will be a star shining to guide us even through the deepest canyons and God shall be our light as we scale the sides of precipitous mountains. The hours of evening will thus be a comfort after the day's work is done.

## God, Nature and Reason

---

**G**OD, Nature and Reason, the three great stages unto evolutionary accomplishments, suffice man to reach a full understanding in the objective worlds. Deviate from one or the other of the three essentials and difficulties have to be met with that are not so easily combated. Complications follow one another as would the waves of a turbulent sea, lashing each other with violence, not knowing the cause, neither purpose nor end. Uncertainty follows deficiency in all the fields of thought to the extent that there is lack of application of principle. The mind of man once at sea, is at the mercy of elements which of themselves avail nothing. Thought alone, the polarity in God, Nature and Reason, is able to determine, not the thought objectively created by exoteric influence, but thought inductive, free, ever-active. Thought is conducive to divine impulse and is infinite, free, self-evident. There is but one Thought in man as there is but one Sun in a solar system. The latter calls out, determines the light about and in all; even so does Thought induce waves within the Eternal ego or entity of being with all the innumerable intelligences constituent with manifestations. Thought is the unit, not a singular, neither a plural. It is as complex, vast and of magnitude as space and time itself.



It includes all, encompasses everything, applies itself to anything by virtue of its limitlessness of radiation to which direction can set no barriers. Thought is the factor and the eminence unto ideas which may spring from within or be induced by outer influence. Opinions are not ideas. They are subordinates and of secondary relations, either due to deductions by variously grouped ideas or a mere repetition of mental taxation traceable to a foreign source. Opinions change as does the indicator of a thermometer or barometer. They fluctuate with as much uncertainty as the stock market. Ideas may be likened to the more steady and accepted standards which need calamities to dethrone them and level them to a more definite plane. Opinions and ideas are phenomenal. Thought alone remains. When Jesus says: "Heaven and Earth may pass away but my 'word' shall not pass away", that "word" is the "logos" (thought) as in John: "In the beginning was the 'word' and the 'word' was with God and *God* was that 'word'." Thought is eternal, of which Goethe says: "Throughout all spheres there moves an eternally creative Thought."

## Final Adjustment

---

**N**EARLY every topic of interest is tinged with the subject of war, if for no other purpose than that of illustrating, or defining a certain point or argument in question. Some still cling to the bitterness of past or historic experiences, offering interpretations current in the old school of thought. Not so with the cultured and cosmopolitan mind. The latter has learned to know and understand and will not be carried away by emotionalism, sensationalism or national pride. All problems, however perplexing, phenomenal and complicated, are viewed and defined from the standpoint of modern concepts, a newer thought. It matters little as to the means used as long as the desired end is reached. In every new venture, every new attempt in trying out new measures, blunders are inevitable. Even a God declared to the prophet in the old covenant that He was sorry He made man. God was sorry because of the phenomenal part which does not come up to infinite design; to that extent He was sorry; He was sorry for Man. But wherever man succeeds to reach the mark of perfection—God rejoices over the return of a sinner. There may be a great deal of waste going on at present, still it all tends toward adjustment. We may at first cry over the broken doll, while yet a babe;

the playthings of the past, to which we attached so much importance, may arouse us to anger at first but upon second thought, the better thought, it comes to us as to John in his Apocalypse: "The old has passed away; lo and behold! I make all things new."

The time for new things and better things has been ripe for some time and like in the case of Abraham, we are commanded to break the idols of our forefathers that God Himself may enter our midst.

Surely the present social cataclysm is not due to any design of man or set of men; it cannot be imposed upon monarch or diplomat, neither attributed to the selfish motives or fear of one nation or another; the present catastrophes and upheavals amid civilization are due to a psychological momentum no power on earth could avert and time alone can succeed in changing the current, subsiding the torrents of unchanged elements shall adjust matters for the common good. The present state of affairs may be called a visitation of God, Nature or the adverse. It matters little as to the interpretation given; one thing is certain — it shall be an impetus unto higher accomplishments.

## A Better Relation

---

**I**N surveying the field of human mentality as displayed in editorials of the press and otherwise it cannot escape the more balanced thinker to note the peculiar trend of thought-waves, more or less betraying signs of idiosyncrasy and shallowness of mind. Whether this be due to negligence in education, practical experience or the uncertainty in the position of the earth herself, effecting the negative, yet aggressive mind of man—aggressive upon fields of selfishness and self-aggrandizement—cannot be definitely stated unless the cause be attributed to all the phases collectively. At any rate, at no time in the history of the white race has there been so much abuse and contradictory language used as within the past year. At no time have these linguistic and literary sharpshooters missed their mark as of late and pseudo-diplomats have sprung up more alarmingly than gas-bags and shrapnels. Looking backward ought to make the writers of today not only turn red in the face but if there is a spark of honor left in them they should take to the pick and shovel, digging a hole for themselves to hide therein for shame. Abuse of language, insinuations, malice, hatred and the many more phases of ignorance and superstition never can bring man to an understanding.

Spontaneous Combustion in the linguistic fields discloses ignorance rather than deductive measures. Void of reason, foresight and calculation, the uncultured mind runs wild, chasing phantoms of imagination, having no narrative other than the planes of a lunatic asylum. It matters little whence, where and how,—as long as our ideas are rabid, short circuited, abusive, nonchalant, unjust and hostile we are beneath the savage and the standard of education we claim condemns us. We have absolutely no excuse to offer for any of our offenses since we pride ourselves, saying, "Ignorance is not an excuse before the law." To law we tenaciously cling, the law of which Count Tolstoi says, it is due to *unauthentic tradition*. Still, we uphold it. Consequently, what excuse can a man under the law offer when he wilfully breaks his own standards! There is no excuse. Summing up the whole situation in the world it can be readily seen that if there is any repentance required, such must be expected of all tribes since all nations have sinned, all have equally as much exercised antiquated tactics of ages and emptied their pent-up wrath upon one another. Now that their measure is full, even to overflowing, the only way of escaping future disaster is to come to a mutual understanding which shall assure to all the civilized nations that international trust, amalgamating them into the *Federation of Nations*.

## Fireside Chats

---

"I AM afraid the women of Canada will knit a good many more pairs of socks before their men wear out the last pair marching through the 'Unter den Linden'," so says Leut. Col. Morrison.

---

SOME scientific men as well as a number of divines have discovered that psychologically, woman lacks a great many mental faculties which are common to man only. That is rather strange, as now the question arises, if woman lacks what man possesses where in the deuce did he and does he get it as she necessarily has to impart to him all he possesses.

---

SOME people not only figure out the destiny of a nation or the possibility of crops from the position of the "Dipper", the "moon" and the like but they also find something worth while in vegetation that gives rise to alarm and much comment. In several provinces in Canada and close to the line, oat-leaves bear quite distinctly the letter "B". It was in 1862 that oat-leaves were stamped "F", an omen of famine. Before the war oat-leaves had the letter "W" which supposedly stands for war. But what "B" stands for no one is able to decipher, unless it is a bad omen for Britain, Berlin, Bosphorus, or any other thing.



MEXICO for the Mexicans, but—where reason ends, force begins.

---

THERE comes a time when patience ceases to be a virtue and suspense, disastrous.

---

IT would almost seem as if Germany was getting the chestnuts out of the fire for England.

---

WITH the Dardanelles in question it will make distribution slim.

---

DIPLOMATIC calculations have missed the mark more than once.

---

BACTERIOLOGIST Dr. Bull of the Melbourne University, discovered that cerebro-meningitis is successfully treated with Australian Oil of Eucalyptus.

---

WITH the march on to Petrograd, Poland stands a good chance of becoming free.

---

THE advances made upon Russia are by no means disastrous to the latter. It only helps to break down the Chinese wall that has held talents hidden from the world of culture and open the gates to a higher civilization.

WHATEVER the opinion of the Press may be diplomats begin to see that England is pretty wise after all. But then she has had her experience while others are just making them. "As it was in the beginning, it is now and forever shall be", still rings in our ears.

---

THE intention may be to fight to a finish but there is such a time when rest would do some good. Tactics are nigh exhausted on either side and the inventive genius is about at its wits end. Why not have a recess by the time Jack Frost comes from the North to kiss our feverish brow.

---

AN envoy criticises our way of expressing ourselves upon topics of the day. He evidently does not keep posted upon the literary blossoms of his own country, otherwise he would know that we most graciously make the most strenuous efforts in covering up a multitude of sins.

---

WE are absolutely cosmopolitanly neutral, viewing the whole situation in Europe from a psychological standpoint, knowing only too well that no nation can be held accountable for the cataclysmic condition as it is one of those momentums that determine a radical change in the tribal relations of nations, paving the way for a higher civilization.

THE reason Germany forces its way upon Russia is because the bear needs to be tamed, while the bull is corralled.

---

AS to Mazdaznan, they are the only people who as a family, composed of members of the Twelve Tribes of the Aryan White Race, do all in their power to assist and relieve all their own, knowing that God worketh all things well.

---

THE reason the Pope stands powerless in the midst of the present encounter and cannot exercise his office even over his own is because he knows only too well that he dare not erase "the handwriting on the wall."

---

WITH the asserting of women we can see the good results in their children to a very marked degree. How much more will they be able to do for the redemption of the race as they learn to use scientific measures in Eugenics.

---

A MILITARY authority has conceived the idea that peace under present conditions would be equal to upholding felony and he advises a good thrashing for the Teutons, but he fails to tell how it's to be done.

# Who Is To Be The Arbiter Of Justice

---

“May I be permitted to draw nearer, declaring  
and making Peace.”—*Ainyahita*.

**H**ISTORY relates that in every age and crisis there has always been at least one outstanding figure or personality, towering far above all others, on whom the nation or nations relied, or the individuals who really composed the nation, depended upon and looked to in absolute confidence to command their cause, overcome the difficulty and act as arbiter.

Yet, as often as not this personality, or personalities, though the “Power behind the Throne”, may have remained practically unknown except to the distinctive few, say the ruler and his advisers or to those in confidence.

For such intelligence is not likely to have sought out the “Seats of the Mighty”, or the “High Place”, but rather in the wisdom of knowledge, prefers to quietly perform his or their part or mission in the humbler, though none the less important (usually far more so) walks of the unseen and non-spectacular.

Who, for instance, was the “Oracle” of Cæsar, who the “Mentor” of Washington? Or may we not also ask in this context, who was the Great Master of the great scientist,

Roger Bacon, or to come to our own day, who was Peter Gast, the Master of the absolutely unique and profound Nietzsche, who summed up all his philosophy in the brief but supreme question, "Who is to be the Master of the world." Again, who were the hundred and twenty behind the "Chrystos Movement"; or who composed the "seventy-third sect" of the divine Omar Khayyam; who inaugurated Masonry, and for what purpose; or let us even ask, what was the true origin and object of the "Royal Society of London?"

In the present world conflict (where if the nations are not actually in arms, their diplomacy is at any rate at war) all thinking minds agree that no ordinary "Round Table" or "Balkan" settlement is possible, or can be made to serve or administer justice, even to those who will claim victory (because of so many "allied", though separate interests on each side) to say nothing of giving satisfaction to those who may be called the vanquished. For besides the vast and extraordinary difficulties of arranging the map and partitioning territories, settling the claims (internal as well as external) of diverse races, tongues and creeds, (complex beyond imagination) agreeing to, and distributing indemnities (exceeding the power or will of any free people to pay, therefore impossible to collect, except by force, which would defeat the purpose of any agreeing, breed perpetual hatred and trouble,

nullyfying everything but strife) these and a thousand other reasons give but a scant idea of what might under the conditions of past treaties be applicable, but which under the present cannot possibly be put into effect.

The outcome, no matter whether a draw or a triumph, is too universal. Even a hasty survey makes some go so far as to wonder who will even *dare* to act as referee (we know who would like to, but "it is now too late") much less adjudicate who is the conqueror, or who the defeated; who shall give and divide and who take; who shall pay and who collect. Who indeed, shall make and carry out the terms of any amnesty that can be agreed upon, and that shall make peace not a temporary armistice only, breaking out into worse horrors than ever, but a permanent concord?

Pause, and it becomes more and more apparent, that no "Hague Conference", or "Arbitration Board", as presently understood, could be anything but sterile and impotent in its results. Truly, just as this war knows no precedent, so also will its conclusion be without precedent. Assuredly also, the terms of final emancipation from strife, though probably already discussed, have not yet been really grasped by the statesmen of Europe; otherwise it could be settled tomorrow.

What, anyway, to the world at war, is justice? Can it be brought about or executed by murder, whether legalized by man or not? Is



it an individual or a collective matter? In this cataclysm, which nation's standard of justice would be acceptable to all? Which one is free from taint, prejudice and bigotry, without ulterior motive, envy or malice, desirous only and above all things, to be impartial and fair? Again, has any country not warring, proved so scrupulously worthy or so consistently neutral as to be selected without question as capable and able to judge and discriminate between international right and wrong, when so few individuals, much less people, have even the same code of integrity and honor? As recently so forcibly demonstrated, what is considered right by one is deemed quite the reverse by the other.

Can then any common law of humanity be appealed to, so as to adequately govern the situation, minus the force to compel, when self-interest, not love and wisdom, is the first consideration of each combatant? If force must be the remedial power, may we not reasonably ask, what force, whose force? For can any allied force be depended upon as workable where interests are so varied and so vital, particularly if conquest be uncertain and exhaustion unreached.

Thus Mazdaznan, who ever looks ahead (reading the "Horoscope") appreciating that *ordinary* agreement or treaty appears as impossible as does decisive victory, questions the "Signs of the Times." Only in the "Federa-

tion of Nations" based on mutual good will, growing into realization, do they see any prospect of harmony. Hence they are led to ask and to sum up in their present day philosophy in this question of questions, "Who is to be the Arbiter of Justice?" For in the answer they know lies the solution that will alone make Peace, reuniting the Twelve Tribes of the Aryan White Race.

"The old has passed away;  
Lo and behold, I shall make all things new."

—*Guromano.*

---

PRESIDENT Wilson some months ago advised everybody to take to the spade and till all the available ground. The German government even employed officials to reach the ears of the people, impressing upon them the imperial advice to till all the ground wherever found. The English crown followed suit, and the Canadian minister most emphatically declared to his people to till the ground and produce, PRODUCE, PRODUCE! Mazdaznan has impressed this very thought upon the mind of all the world for centuries and has for one of its daily recitations, the covenant: "I am here upon the earth to reclaim the earth, to turn the deserts into a paradise, a paradise most suitable unto God and His associates to dwell therein!"

# Socialization and Adjustment

BY DR. ALICE WOODBRIDGE, OF NEW YORK.

Delivered at Mid-summer Gahanbar, San Francisco, Cal.

## PART I.

---

WHEN Thought sent its first radiations into the darkness of vacuity and in so doing measured the four dimensions of space, these long feeling fingers sought for something upon which it could radiate, with which it might be associated, through which it might manifest; something with which it might co-operate.

Thought was dual in its nature masculine and feminine, creative and procreative or formulative. The radiations sent out, these seekers and moulders were a part of its formulative or feminine principle. Now Thought being yet inexperienced had not developed its power of attraction and did not recall these radiations, therefore they were lost in vacuity.

Out then, of the realms of Nothingness was born a Somethingness and that the only thing that could be born—Thought, Thought which is the power behind all activity, all enterprise, all force, all manifestation, Omnipotent, Omnipresent, Omniscient, All-pervading, Eternal. O Thought, Thou art the Master of all the realms of Force, of Time, of Space, for with Thy first radiation began Time, Activity, Force, Measurement, Causation, Culmination, Experience, Wisdom, Knowledge, —Eternity!

Thought, in extending itself into vacuity, developed action. It lost something which could only be recovered by its own power of attraction and which it must attract, otherwise there would be a flaw in all its manifestations.

And because there was nothing in vacuity to hold Thought in one place, it moved, revolving by the centrifugal force emanating from the very center of its being, searching and finding nothing, and learning that it must produce for itself the means of manifestation. It established therefore an orbit and sent out radiations only within the limits of its power of recalling them. Thus was enacted the law of expansion and contraction, of conduction and induction, attraction and repulsion. These constant radiations or vibrations developed friction, electrism, in the Thought-World or a condition in it corresponding to that of friction on material planes, while the continuous radiations within a limited extension and these always at the same line or groove caused at the point of impact, or termination of radiation, a cellular formation having power to hold a thought and known as intelligence. Thus, as Ainyahita expresses it, "Thought moved in the midst of its Infinite Intelligences", and Thought learned through radiation and recall that in giving out the substance of itself to these intelligences they became a part of itself which likewise, radiating and attracting, reflected back upon the Central Thought that which might strengthen and increase its power. So came into manifestation the individual Master-Thought and the collectivity of intelligences vibrating to Thought and reflecting its radiations. Thought thus established the law of interdependence.

Between the Master-Thought and its infinite intelligences through vibration and rarefaction was evolved a great nervous system, having nerves of induction and conduction, nerves of sensation and transmission, calling consciousness into being. The Lord God Mazda said to Ainyahita "Were it not for the infinity of intelligences everywhere responding to the pulsating cord of relationship there would be no consciousness in existence." As Tyndall expresses it in his *Attraction of the Atom*, "each pull upon the other", while each radiated for itself by its own Central force. Each became affected instantaneously by the vibration of the other just as the balance wheel of a clock affects or is affected by its minor wheels. Thus began creation in the world of Thought based on the law of interdependence, co-operation, moral responsibility each for the existence of the other; began justice, began enlightenment.

The constant revolution of the Central Thought sent out great fanning waves or circles of magnetism while its nerves of induction brought from the reflex radiations of the intelligences all that was good or beneficial to be recast in the Central Fire into long radiations of life-giving electrism. This co-operation and transmission of radiations generated the essentials of substance and chemicalized into gelatinous luminiferous ether capable of transmitting light; enlightenment, out of which was called substance—cellular or molecular atoms, each containing within itself its own individual intelligence being an evolution of all intelligence, the gold tried and retried in the fire of experience of all past evolutions and existences. Each atom moving in its tiny orbit responded to the law of attraction, drew

from every other atom that strength or chemical property which was necessary for the development of the individual self in world-building until in all its complexity a world was formed; an Entity known as Earth imbued with the same characteristics, sensations, vibrations as that from which it evolved, knowing no evil but only good. Cognizant of the loss of that formula-tive principle which renders production perfect; more masculine than feminine have manifested because of this loss. It also desires perfection, it also has its powers of generation, of production. It evolves, vibrates, generates heat, and from its heart of hearts sends out upon the luminiferous ether this heat in long waves of light. It has in these vibrations its nervous system, its nerves of sensation and induction. Its heart beats through its revolutions and sends out upon the ether its magnetic waves. Its tides measure its breath, its veins and arteries are its ores which give out chemicals necessary for the amalgamation of its cellular atoms. Its rocks are its ribs and its eye the All-seeing Intelligence of the life within. Thus does the Spiritual Law or Law of Thought, the Law of Harmonious Relations, manifest in the material world, and all life whether it be the life of herb or tree, of grass or grain, animal or man, is based upon and measured by this same organic law of harmonious relation. The Universal Law holds then within itself the recognition of common interests. That loss to one is loss to all, a flaw in one is a flaw in all. It recognizes the necessity for the acquisition of that which is lost before a harmonious whole can be made manifest; and it recognizes the law of attraction as the means of perfection.



As Ainyahita says: "The spark of Infinite Relation is found everywhere drawing the cord of friendship unto common ends, realizing the ever-presence of the Infinite." Earth then being Thought chemicalized, mineralized, possesses the power and attributes of that which produced it; the power of production, the desire for progress unto perfection and in all her elementals, the minutest particle and accumulation of particles is the imperfection or flaw, the sense of loss which her efforts are directed toward regaining. With the hope of this she draws from her warm breast the life within to manifest in grass, herb, tree and flower each incited by its own individual desire for progression, perfection. Each passes the crucial test of heat and cold, storm and sun, bud, flower and fruit, and having attained its highest is called back to the bosom of earth to be lifted, prepared and re-produced in a higher plane of existence.

From the plant to the animal, from the animal to the upright—man—having within himself the experiences of all previous spiritual and material existences,—to him is given power to comprehend the law governing all life, to produce in accordance with law, to inspire only good, to reclaim that which is lost, to reclaim through his power of attracting good. Capable of comprehending that every failure to attract the best, to produce the best, retards the time of perfection in all things, widens the breach between Thought and its lost radiations, restricts the formulative power of all things. We speak of man as the upright, meaning the race, we now speak of man, the individual male principle, the producer, the Image of God and like God, defective

through loss of formulative power in manifestation.

Our Master tells us that God did not create Woman, that woman is an evolution of man. Man was endowed with latent forces, the higher finer senses, but Ainyahita tells us that "man and his corresponding state of evolution is the originator unto adverse conditions by remaining where he found himself in the world of matter, thinking that he had reached the end of things, setting aside his inherent laws." Man although possessing all the higher qualifications choose rather to serve his material nature, lived in the material, so involved himself in materialism that the spiritual was submerged.

We read in Genesis that in those early days man walked and talked with God in the Garden, in the cool of the evening, but Jesus said that "No man has seen God at any time"; therefore we can only construe Genesis to mean that in the twilight hour man, the male, the keeper and director of all life, the Master of Earth, in the twilight hour when his day's work was ended, walked and communed with his higher, nobler concept, became dimly conscious of the light within, but being ensnared in the net of materialism was not strong enough in will power to break its bonds. Being unable to realize anything that had not materialized in the objective world or world of manifestation, and coming justifiably into this state through the fact that all the efforts of Thought had been directed toward manifestation through matter, therefore man concentrated upon a manifestation of the higher and finer attributes which would formulate for him a higher evolution, and so concentrated, that out of his very

heart was born woman the inspiration, the formulator the molder, the co-operator, the help-meet toward perfection, the refinement of all that was best and purest in previous existences and forms of life. Finer in mould, higher in her ideals, frailer in her physique, stronger in her affection, more conscientious because of her higher sensibilities.

Intoxicated with the beauty of her material substance, blinded to the purpose of her evolution, man became obsessed with his desire to possess her, took advantage of her obligation to him for her existence, and compelled obedience; became her master instead of subject; and woman recognizing her obligation to him for her very existence, became ensnared in the network of her affection and desire for formulation, sacrificed her opportunity of higher evolution to her procreative tendencies, became subject to the brute in man instead of the inspiration to a higher plane of existence. Just as Thought in its desire for manifestation and co-operation lost its first radiations, so woman sent out upon the materialistic tendencies of man the radiations of her own pure self and lost them in her desire to express her gratitude for existence.

That woman as a sex has retained her power of inspiration for good may not be denied but that the magnitude of that power has deteriorated through her enslavement to physical manifestation and race production is certain. Woman, even as man, has failed to fulfill her mission, to comprehend that her formulative powers are necessary in the great plan of nature outside of race production; that race multiplicity is of minor importance compared with the evolutions of a race to a higher plane.

Man has enslaved woman, taken advantage of her affection, made her one function of motherhood her standard of importance; prostituted her procreative and his own creative function to the madness of desire. Made of her the creature of his passion. So has all that is best and noblest in both been sacrificed to sensuality with the result that race deterioration has followed. That the higher and finer attributes of woman are necessary in the process of evolution along material lines has been but dimly realized because man has in the collectivity never recognized that Spiritual Law was Nature's Law. Moral responsibility, moral obligation were things apart from the great law of nature in which man recognized only force and that brutal force. Man as Master recognizes responsibility as an individual or in the collectivity only in so far as he himself may be benefited thereby. Brute force, armed force backs up all his acts, desires, his laws, his comprehension, his responsibilities, his religion. His own self-esteem as Master in a material plane of existence has blinded him to the fact that material existence is but a phase in an eternal design of evolution unto perfection. He has failed utterly to recognize the great law of interdependence and ignoring the rights of all created things to life, liberty and the pursuit of happiness; the necessity for their manifestation in the great chain of evolution, has bathed the earth in the blood of the innocent, transgressed the law of harmonious relationship and recognized the pulsating cord of relationship only as a means of compelling submission to authoritative institutions of his own creation—creations effected without plan or design beyond his own individual span of mater-

ial existence. Under his dominion Fear is Master, force is creator, and as a result, disaster, race culmination, race disintegration follows.

Earth is in revolt. Her fruitful places have been laid waste, her forests devastated, her very veins removed; her creatures multiplied beyond her capacity through misapplication of Man's power. Earth's intelligences deprived of the necessary intermediary development are called into higher manifestation before their time, bringing with them propensities belonging to an inferior plane. Earth is Man-governed, sex-governed. Earth says to Ainyahita, "Our Lord God Mazda has destined thee and thy kin to be my master. But remember and mark it well, thou and thy kin from generation to generation, by perserverance in the exercise of perfection which thine inborn creative power is to realize in and out of thyself, is the only inevitable condition upon which thou canst become my master."

In the misapplication of power lies the abuse of Trust, and the inevitable Day of Reckoning, the Day of Culmination arrives. To every race this Day has come because in every race Materialism has been Master instead of servant. At such times Natural Law, Universal Law, sits in Judgement and calls before her the submerged plan of evolution saying, "Behold I have given thee a talent, what hast thou made of it?" And man no longer Man but Brute, woman no longer Woman but Slave, make answer. "We have hid it for safe keeping in a napkin." And Universal Law replies through our Blessed Ainyahita, "The plan of Providence, of Destiny and Fate are in accordance with Infinite design and since there is no honorable court but that gives choice between fine and imprisonment even so in the Divine Court there is given to choose between penalty and adjustment." "Yield thou thyself unto the fulfillment of the Infinite Design and redeem thyself from the evolution of Dual Existence.

(TO BE CONTINUED IN NOVEMBER ISSUE)

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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# The Crashing Stone

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Head long down a mighty mountain  
    Crashed a stone!  
Unchecked—frenzied in its wild flight,  
    And alone!  
Breaking from the bonds that held it  
    On the crest,  
Dashing to the river bottom  
    With the rest!  
Buried slowly with the debris  
    And the slime;  
Never more to reach the summit,  
    Not with time!  
It will wear away with ages  
    And be free  
To regain its lofty foothold  
    In Eternity!

—*Lydia F. Hilton.*

## SEASON HINTS

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**D**ATES and *figs* should be used sparingly.

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**A**VOCADOES are still on the market. Used in small quantities, they add to nerve action.

---

**P**OMEGRANATES are delicious and are great blood builders. But use judgment.

---

**P**ERSIMMONS will tone the stomach and prove splendid eliminators. But beware of the thin skin.

---

**C**RANBERRIES are the slogan at this season. They are great purifiers and should be used in homeopathic doses for the next ten weeks.

---

**W**HITE grapes are still in order. But sufferers from any form of catarrh had better let them alone.

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**A**PPLES for the youth and *prunes* for the advanced in years will keep the alimentaries well flushed.

## November

---

WHO does not think of November with its Thanksgiving Day and old suggestions of Turkey and Cranberry sauce. That there is a Turkey we all know but there is no telling as to his age. Australia is at the head of the list raising turkeys and many cargoes have reached the American shores since July, putting its enormous output in cold storage, patiently awaiting its fate. Of course, the Australian turkey has already met his fate. He is dead and kept in the cold storage morgue, awaiting his final disposal, which according to custom, will be the higher cultured stomach of civilized cannibals who no more can forget their taste for turkey than a Fiji for human flesh, although the latter is restrained from satisfying his unnatural lust, while the former still may indulge.

There are many things to be thankful for on Thanksgiving Day. First of all, that we have not awakened the tiger in us and joined with the Bull, the Bear, the Eagle and other nations sacrificing human flesh to Baal and Moloch. The Incas and Aztecs must have been people. The story runs that every year a certain number of young men and young women would volunteer to throw themselves upon the fire altar, to be consumed by its flames, while the multitude gathered about

the sacrificial offering implored the Gods to receive their tribute with favor and grant them Peace.

But then these poor people did not know anything about Christianity or they might have destroyed these fire altars that invited lunatics to sacrifice their lives. Then, these altars destroyed, they may have pounced upon one another, inflicting higher culture.

There are so many things to be thankful for, especially that we are not called upon to take to arms but are permitted to make it as hard as possible for one another to eke out a fair existence.

We are thankful the Lusitania affair has blown over and that we who could not read Arabic had it interpreted by receiving an indemnity. In the meanwhile we may ship ammunition to the one and no food to the other and generally speaking have the privilege of remaining neutral even as to lending money at a fair percentage so that for the money lent we may have the privilege of getting rid of our products, to be paid in the money the other side never had and we in the end have to pay for our own products we never sold but simply gave away. But then those are things we have no understanding of and by the time we are educated up to it—it's all up anyway.

There are many more things to be thankful for and one is that we are neither upon Æta-

lonia nor Malaya or it would fare badly with us.

Be happy and of good cheer and don't mock turkey, but eat your bread with cranberry sauce with thanksgiving in your heart and avoid further troubles.

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## Disappointments

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DISAPPOINTMENTS are only possible there where we have become fixed in an idea that lacks confirmation. We make up our mind to do a thing at a certain time but just at the critical moment something turns up that detracts our attention and offers a demand we cannot refuse. Still, even at best, for a moment we feel disappointment, even though but flittingly passing before our mind. Disappointments may be of a grave, a serious or a common nature and again disappointments have their good purposes. Of course, it takes time to see the good in it all. Still, Nothing happens but that it is good. The evil only appears so because of our inability to recognize the design. Eventually we realize that there is no wrong but that it shall be righted at some time. Josef's brethren thought evil when selling the former to Egypt. Josef himself no doubt murmured and bemoaned his state and yet it was the only way

for him to rise to the very throne. Had he continued to lament never should he have risen. But he quickly adjusted himself to his new environments and practiced his talents which won for him the confidence of Pharaoh, a confidence that led a nation into wealth and saved surrounding countries from starvation. Thus we need not attach any grave feeling to whatever the disappointment may be. It surely must be for the best if the thing we have set our mind on has not materialized. Only too often we are too anxious for a thing which if materialized would prove disastrous. Disastrous because of our anxiety to see our ideas or notions, desires or longings materialize. Very often that state of anxiety proves selfishness, which if nursed, may lead to disaster. What a blessing then, if all our wishes never reach maturity but disappointment instead. Disappointment is nothing more but the blessing of immaturity. The more we recognize and discover blessings in the daily walks of life the sooner we shall lose sight of the yoke and burden so many suffer from. We shall be using our gifts, talents and designs toward performance of deeds that desire no particular reward but the joy of doing.



## Federation of Nations

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**T**O conceive an idea that tends toward revolutionizing the whole world is in itself the greatest blessing anyone can bestow upon humankind. Every cycle, every dispensation, every era has been blessed with one or more manifestations giving to the world an idea which has proven epoch-making and unto salvation. Though slow at first, still step upon step another idea has been added until a higher state of life's concept has been reached. The days have been added unto years and years of experiences have grown unto a culmination of time, which must turn into the ripening of the golden fruits of the spirit. All conceived ideas have wrought miracles and wonders that need no recording as their phenomena enters the arena of daily life, playing the parts thereof with exceptional dexterity. Much has been accomplished, much more is yet to come. But when a momentum in the life of a whole race has been reached, then the individual efforts become exhausted, a new impetus must arise, a new spirit must possess us.

The individual on the whole is lost in himself; society is on the wane in itself; the race at large estranged itself. The momentum reached can do but one thing whereby the breach can be bridged,—“Federation of

Nations." This is no time for selfish individual interests; no moment to grapple for social advantages; no time to argue on tribal relations of nations, this is the time when all differences fall to the ground the moment one and all join hands in the thought of the possibility of a state assuring the "FEDERATION OF NATIONS."

This idea was conceived by holy minds; it it was given impetus and quickened to an extent of inducing a process of gestation corresponding to the very laws of evolution. The idea, as every new-born idea, may be fought and even incite a Herod to dastardly acts, still the child of international relations is born and shall lead all the nations toward the realization of the "FEDERATION OF NATIONS."

Again the Wise Men of the East have seen the star of hope unto success. Again they have wandered thousands of miles to see the glory of God revealed. It too is a day of Augustus, where every man is being taxed while the scribes at Jerusalem are at a loss to locate the possibility of the birth of Liberty unto all nations, still the "Federation of Nations" is born and it cannot be held in Egyptian darkness for the age of reason is here with its light of understanding to admit the "Federation of Nations" as the only means of mutual understanding, assuring final emancipation.

## Cruelties of a Commonwealth

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PERHAPS no greater crime can be committed by a commonwealth upon its citizens than that of adding to the burdens of a pioneer, making it difficult for him to gain the point of demonstration that would encourage others to follow suit. To pioneer is in itself an enormous task, no matter what field it may be. If a pioneer is not assisted or encouraged by a commonwealth, his methods or ways at least should not be interfered with. He should have time to prove his plans. In the field of sciences, each and every branch thereof is still in its swaddling clothes and there is much that has to be tried out. Mistakes are permissible; they are inevitable. The mistakes of circumstantial life are many. But if we succeed in overcoming them by newly discovered measures they shall soon dwindle into oblivion. If a commonwealth is not interested in its own welfare and progress, we, who are the better citizens, should at least make it our duty to assist and encourage any undertaking that tends toward betterment of general conditions and the fields of modern thought.

# The Glory of Pioneering

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THE world is rapidly advancing. Not that such developments are due the effort or strides made by the general public but because of the Spirit of the Times, recognized by individuals in whom the desire for progress and advance was strongly marked and, impelled by the better self, untiringly gave out what the good spirit prompted them. True, many an incentive of one or another nature, peculiar to the characteristics and temperament of the individual, became quite evident and had to assert itself to gain the desired end; still, in the main, the results proved satisfactory. Every gain, whatever the field, demanded pioneers. It is the pioneer to whom we owe whatever we enjoy. That the trend of civilization continues westward has proven itself throughout the pages of history. It is an impetus to be on the move, and move to new fields of operation. It is the timid, the self-satisfied, the selfish, the pompous, the shallow-minded who walk in beaten paths. The heroic, studious, liberty-loving, ambitious, progressive, all push their way onward toward better realization of life.

Although a certain end is gained in one field of operation, another field opens up before us demanding pioneers. As the Spirit of the Times calls there are few at first, later on

more and more who follow the bidding and leave nothing unturned to gain the goal unto which inspiration has come to them. The narrow- and shallow-minded shrugs his shoulders at first, most cynically he reflects upon the efforts of pioneers, but once the way is straightened, the object gained and the methods approved, we see him coming, looking for the plum in the pudding that he may wrest the honors from the deserving and reap what others have sown. These pioneers, or saviors, prophets, poets, inventors, heroes and the like forgot themselves. Their thought was simply set on the goal. That reached they were satisfied. In most cases they even endured wants, voluntarily and involuntarily, according to circumstances, purposes and aims. Very few, if any, ever received attentions they deserved. Inspired toward a desired end, they seldom, if at all, ever became conscious of imposition, hardship or trials. To them all the difficulties confronted appeared as much an embellishment as a frame to a painting. Having the courage to do, they also possessed the strength to bear.

As to look back over the fields of economic, political, commercial, mental, spiritual, scientific, philosophic, religious and many other operations, we cannot resist the promptings of our better self; but in reverence bow before their works, as through the recognition of their accomplishments at least, we may add a

mite of our respect. But it is not enough that we recognize the accomplishments which we now collectively enjoy. We need to recognize the Spirit of the Times which gave inspiration, conception, gestation and birth. We need to come into the Spirit of the Times and readily accept its promptings, determined to follow in the footsteps of pioneers, ever ready to unlock new fields of operations. Making pioneering the most honorable of all occupations in the field of labor, we shall one by one follow in the footsteps of higher realizations until all of humanity shall become aware of the latent powers and forces within man, and instead of allowing virtues and talents to go to waste, exercise them to the fullest possible extent, making the age of reason not only one of progress, but that of highest achievement, reaching the state of perfection.

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### Introspection

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NOT the tiny wave upon the surface of the sea, nor the driftwood floating upon the bosom of the deep, can solve the mystery of heights above or those of hidden depths below. Life alone can solve the mystery of life. Ocean depths alone can reveal the treasures of the deep.



## Man's Undreamed Possibilities

---

HAVE you ever watched a weaver or a gathering machine? Then you can't help but admit, although difficult at first sight, yet after learning the principle of operation, the simplicity of it all. Yes, it is simple with all the complications that arise at first of the insufficient comprehension of simple methods in operation. How wonderful, how wonderful at first the way that mechanical device takes up, grips, moves and finishes. It looks mystifying and appears uncanny. After thorough investigation the charms wear away and we are confronted by matter-of-facts. Many parts make up the apparatus, still every corresponding part adds to the perfection of its labors for which they are intended. What is true of a mechanical device is more so of creation, where not only one particular design comes into play, but where the purpose is a unit of all complexities. Man is indeed a most wonderful and miraculous construction that deserves consideration and study, not only as to his component parts but as to his operations and consequent possibilities. Were it a difficult matter to know one's self, neither a poet, an evangelist nor a sage would have called attention to the subject.

One and all agree that the greatest study of man is man. So great is the study that it simplifies matters not only as to one's material care, but opens up the vista of perfection, leading toward a better understanding of life and a simpler way of utilizing the latent powers, gifts, talents and endowments of the various phases that constitute the manifestation of life. The more we ponder, think, contemplate and reason upon the simplicity of evolutionary and creative operations up to man, the more it dawns upon us how everything lies within the range of man's determination, and with it the scope of possibilities increases until we find that unto man's accomplishment neither barriers nor limitations are set. Here we reach the point where we understand the words of the Savior: "What eyes of man have never seen; the ears have never heard; neither has it entered the mind of man, shall be revealed unto you."

---

**P**ERHAPS not all of us know it but whether born in America or naturalized, as citizens of the United States of America we sever our relations to other countries and their systems and become Protestants. The Jew, the Roman, the Gentile and Greek, the Heathen and Armenian, and all the rest of them become Protestants when accepting citizenship of the Land of the Free.

## Parsee Tells of Ancient Religion

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**D**R. Ardaser Sorabji Wadia, of Bombay, India, author and globe trotter, is in Seattle today looking over this part of the country before going to Salt Lake, San Francisco and thence back to the Orient. Dr. Wadia is on a trip around the world and his journey home will be the last lap. He is in religion a Parsee, a faith which was once that of the whole of the once powerful Persian nation, but the adherents of which for the past 1,200 years have resided in India. As a Parsee, he is a follower of Zoroaster, and according to Dr. Wadia, Zoroastrianism is one religion that doesn't seek proselytes, it sends out no missionaries, and no man, unless he be born a Parsee, may worship in their temples.

"These other religions are very young", he said last night at the New Washington. "The worship of Zoroaster, fire worship as it is called, dates back to the misty past long before history records the acts of men. It is the oldest religion in the world, and there are but 80,000 followers, the pure-blooded Parsees of India. Its principle tenets are fire worship, dual existence of good and evil in everything, a hereafter and the ethical belief in purity of thought and word and deed."

### NOT FOND OF FADS

Dr. Wadia says that in India the "isms" to which a certain portion of the population of the United States is addicted occasions nothing but mirth, as they believe that it is but a fad and amounts to nothing but a means of passing time. "Yogism and all the other isms found in America are considered a huge joke in India", he said. "There is one, however, that seems different; this is Mazdaznanism, a belief which is practically the same as my religion. Its leader, Dr. Hanish, is a wonderful man, and I have found many temples of this faith in America and Canada."

Dr. Wadia is a keen and interested student of the present war and declared last night that it was not lack of munitions that was keeping the allies back, but rather a lack of a leader fit for the great emergency that has arisen. "They have plenty of ordinary generals", he said, "but they have none capable of facing the present situation unless it be Gen. Baden-Powell. He, in my mind, could save the empire. Those who have counted on an uprising in India will be disappointed, as the common peril has united the various elements as nothing else could. When the call came the leaders of the movement against British rule at once stepped to the front and declared that they were for England and that internal dissensions could wait until the war was over."

## SKYSCRAPERS THOUGHT WONDERFUL

Skyscrapers to Dr. Wadia are the most wonderful things he has seen in America. "America should feel proud of them", he said. "They are her contribution to the architecture of the world. All her other buildings are but copies of European styles, but the skyscraper is something unique and something particularly American."

American immigration officers have made no favorable impression on Dr. Wadia. He was detained a day in Victoria after having entered the United States twice before without any trouble on the occasion of two visits to New York from Montreal.

—*Seattle Post-Intelligence*,  
September 25, 1915.

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## Hailing From Bombay

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FOR the past few months it has been the great pleasure of some of our people at least, to feast in the presence of the highly esteemed and cultured gentleman from Bombay, India, Dr. A. S. Wadia, whom Lieut.-Colonel A. F. Gault regards equal to our recognized scholars of Europe and America. And it has to be admitted by all who have had the good fortune to meet Dr. Wadia, that he is

the most unpretentious and very modest of literary men met with in these days. It proved most wholesome to hail one who comes from so far a country with an ancestral history behind him that the geneological lineage becomes traceable to those heroic fugitives who left all their accumulated wealth in Persia in seven hundred twenty three A. D. that their religion and customs may be perpetuated unto a day or time foretold by the great prophet, Zoroaster, as the day of final adjustment. Though great their sufferings and much greater their deprivations, pursued for thousands of miles they at last landed in Surat, India, where they have been settled ever since, their descendants spreading over more desirable parts in India. As a people they are prosperous, and as a rule adhere to the faith of their fathers.

Dr. Wadia, like many more of the rising generation, advocate the return to first principles as embodied in the Gathas and the unrevealed sacred documents, casting aside the ceremonial part which seems to be regarded as essential by the less informed. Whatever the fate of the community at large may be, it has lived long enough to make a Dr. Hæckel and a Mills, a Max Mueller and a Finkelstein, a Nietzsche and a Bleek, a Darmestetter and a Haug, a Geiger and a Jackson, and many more too numerous to mention here, admit that of all the religious systems, the Zoroas-



trian or Mazdayasnian has remained above ecclesiastical influence, retaining its individualistic rights, guarding the sacredness of manhood and womanhood.

Mazdayasnian had to live until this day that all the Aryan White Race might know that in its western course of civilization the influence of Zarathushtrianism has gone before, irrespective of the change of garment into which it had to be clothed, that the eager eyes of the world may not destroy its beautiful and costly fabric.

Denominations may attempt to deny the influence of Zarathushtrianism upon civilization, churchianity may attempt to refute historical facts and change them to suite their schemes, but out of the mouths of their own authority comes the testimony that christianity in its original state is no other than the presentation of Mazdayasnianism in the western world, Jesus himself being of Aramaic descent, his philosophy purely Zarathushtrian.

Dr. Wadia's presence in America is regarded of great significance as he appeared at a time when Mazdaznan in America declared the amalgamation of all the nations into a Federation of Nations, assuring to all the members of the Twelve Tribes of the Aryan White Race equal rights, emancipation and recognition.

## Etiquette and Proper Conduct

---

**A**MONG insufficiently refined and neglected culture there seems to be as much misconception as there is among irrational idealists in regard to liberty and freedom. The latter confines the exercise of freedom to his own selfish motives, forgetting that cosmopolitanism only leads to true democracy. The same is true of etiquette. Only too often the rude, inconsiderate, boisterous and obnoxious considers his actions as liberal etiquette, forgetting that if paid in his own coin he would most strenuously remonstrate. It will be found that the man who lacks etiquette and proper conduct is generally coarse, void of symmetrical lines, unmanly in gait and gesticulations, unwholesome in speech and ill tempered.

Etiquette and proper conduct, the practice thereof, has it for its purpose to correct errors due to oversight during the processes of gestation. Those born with good lines and a well tempered character readily take to etiquette; proper conduct appeals to them, and even though not returned, will always practice etiquette. Most of humankind are not gifted with the talent that determines etiquette and proper conduct and for this reason the science of social intercourse has to be taken up as a study, which includes rhythmic breathing,

carriage of the body, symmetrical movements, Egyptian Postures, voice culture through mental training. speech on the breath and frequent or seasonable change of diet.

It is a sad mistake indeed to fall upon the sofa or squat oneself on a chair instead of adjusting the lines of the body prompted by a well-poised mind and then in a perfectly relaxed state sit into the chair, keeping one's chest well raised, while feet come together in a V.

Body culture does not consist of rigorous movements or equilibristic and contortionistic phantasma. Attention to placing and arising; walking and meeting one another; bowing, bending and stooping; gesticulating and grimacing; control of eyes and lips, poise of head and neck; setting of feet and firmness of chest; concentration upon subjects in question and proper language; using the proper finger and hand motion for emphasis, one and all have to be regarded if we are to be aided in conduct and etiquette assuring cosmopolitan democracy which determines etiquette and proper conduct. Disregard, inconsideration, inconsistency, ill manners, all tend toward weakening the mind and the body, laying many a trap attracting the vermin of social disorder and encouraging germs in the physical plane to assert their unwanton tactics, breeding discomfort and disease.

Much of the pain, aches, sorrows, trials,

heartaches, organic complications could be most readily relieved and eventually eradicated by more attentive practice of proper conduct and etiquette.

Nearly all catarrhal and nervous troubles are traceable to ill temper, lack of etiquette and proper conduct toward oneself and society. A month's study, practice or trial will convince the most skeptic of the efficacy of etiquette and proper conduct, which alone commands respect for one another, out of which grows a better concept of the commandment given by the Savior: "A new commandment I give unto you: that ye have love for one another."

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THE very Press that for years has been, and still is, persecuting Mazdaznan speaks like this in an instructive editorial that will compare with what is contained in Mazdaznan Health and Breath Culture. We copy from the Boston Sunday Herald:

"Man is an air-breathing animal. He begins to breathe the minute he is born; and when he ceases to breathe for four minutes he is dead; the spirit takes its flight and the body returns to the elements from which it was formed. The integrity of the body is maintained only so long as the blood is oxygenated through the breath. The air we exhale is laden with poison. In a house where the air is not in circulation, the room gets saturated with this carbonic-acid gas.

"The air is the essence of life. We can go without drinking water for six days. We can go without eating for forty days. But we cannot go without breathing for four minutes."

## Fireside Chats

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THE high cost of living is going to be greatly reduced when *avacadoes* shall sell for five cents retail.

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SOME of our daily press find fault with the "thrift" of boys in England who are taught to mend their own shoes and clothes now that the war is on, but it seems that such tactics cannot be as bad as child sweat-shop labor in American towns. It may be well to first learn how to mind our own business.

---

A tobacco smell is by no means pleasant and a stimulated breath never will be inviting; still what a blessing both of them are in consideration of what there might be if these disinfectants were not in use and the windows kept "open toward Jerusalem."

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MENTAL characteristics can be inherited only when so directed by a mother recognizing them in man. A prospective mother not admiring or believing in the superior mental attributes of her beloved cannot bear them in the child. For this reason, quite frequently sons and daughters of men and women of giant intellect never inherit the same, but show inferiority. Like in plants there must be perfect blending.

# Socialization and Adjustment

BY DR. ALICE WOODBRIDGE, OF NEW YORK.

Delivered at Mid-summer Gahanbar, San Francisco, Cal.

## PART II.

**T**HE human race, the white race, the higher race has reached its Day of Judgment, its Day of Culmination, the Day of Adjustment. Everywhere the all-good is submerged in the distorted, commercialized comprehension of individual good. The material and momentary interest of the individual construes the at-oneness of all into the oneness of self.

Under the domination of Commercialism mankind has gone mad. In Europe it has turned men into fiends, each seeking the annihilation of the other until rivers run blood and the smoke of funeral piles obscure the light of day. In this country, the Land of Promise, the Bounteous Land in which all the nations of the earth might live in Peace and Plenty, the hand of Commercialism rests upon the sceptre of a wage-system as cruel as the sword, — a wage system which starves the laborer into subjection. This also was the condition of Europe until the over-reaching of authority brought cataclysm. Another year of such enslavement, a rash act and the hour of retribution may come. We as a nation and as a race are called to Judgment at the bar of Universal Law, and are given the chances of re-adjustment.

Through the cutting off of manhood and youth during our civil war the hitherto protected and enslaved women of this country were forced into the business world,



into competition with men. Into this competition woman brought all her finer qualities, her formulative powers, her spiritual cravings. She has found that even the business world is sex-based and sex-manifested; a mass of commercial protoplasm, and she realizes now her power of re-adjustment. That in business, in government and religion there can be no attainment without socialization and recognition of equality of interests. That man has bungled in his one-sided attempts at administration of his kingdom, because through distorted vision he failed to recognize that the balancing power of woman's keener perception and method of adjustment was essential, as the vital principle of all progress and development. The ages of humiliation and subjection through which woman has passed, has taught her fortitude, patience, persistence, perseverance and enabled her to hold at no matter how great a sacrifice, every opportunity opened to her, until now her value in the business world is recognized. The limitations of her home life, the restricted means dealt out to her of administration has developed in her a power of detail, a nicety of application, a foresight, a clear-sight superior to that of man. Yet woman has entered the business world bound by the chains of sex-enslavement. Man, the male as an individual, has admitted her as a necessity but grudgingly. Man in the collectivity sees in this admission sex-enfranchisement, political enfranchisement and an equality of interests which he is not willing to admit. Business opportunities are therefore opened to her upon a scale of compensation below the living limit of man, too often forcing her to adopt means of existence contrary to her natural inclin-

ation. With woman's wider field of action has come a wider vision. She finds that even her religious views were narrowed into channels of enslavement, which in her larger life widen into rivers of freedom, of activity, of self-development, race development, God development and manifestation, and that upon her own individual development depends race development.

In Mazdaznan, woman has found herself and the solution of life, the cause of the defect in all things, the means of perfection. She realizes that quality, not quantity is the demand of Nature; that regeneration, reconstruction of self is more important to herself and to the race than reproduction; that until woman as a sex is perfected, rejuvenated; physically, politically, spiritually and mentally enfranchised, she is unfit for reproduction of her kind and that in the evolution of a new race an equality of sex attributes must be recognized and sustained.

All philosophies have their saving qualities. Mazdaznan alone stands for the equalization of sex, the focalization of the material, spiritual and intellectual; the equality of interests of all animate life. And all life is animate, thought-inspired. Mazdaznan teaches that behind all progress, all equalization, focalization is constructive thought; that through constructive thought the whole structure of the material, spiritual and intellectual world may be changed.

Mazdaznan is purely scientific. It applies the great Universal Law of co-operation to life in all its phases. It teaches the law of harmonious relationship, the necessity for the at-oneness in all things through the oneness of interests.

The centralization and concentration of wealth and power, be it national or individual, means the denial and usurpation of the rights and privilege of the collectivity. Out of it is born resistance, disturbance, destruction, chaos.

We as a nation are standing on the brink of a volcano. Materialism and commercialism has filled our streets and our institutions with an army of unemployed and dependent, restricting production and opportunities of production. We live under a democratic form of government which is supposed to permit freedom of thought and action. If it does not whose fault is it? If the Mazdaznan Philosophy is true, then constructive thought and constructive effort can make this government what it should be.

The founders of this government were men of intelligence, men of integrity, men of world-experience and consciously or unconsciously they built it upon the plan of Universal Law. As the Land of Promise and of Culmination it would seem that Destiny directed their action. In accordance with spiritual or natural law we have a Central Power or Force radiating to the points of circumference—the several states, or intelligences. These responding to its direction, radiate and reflect back and toward each other, co-operating in a harmonious and intelligent collectivity of interests and manifestations; ideal in its design, infinite in its possibilities; almost limitless in its domain and its power of production. Its ports of entry were opened to all nations and it invited to its shores those who sought liberty of speech and freedom of choice. Although men of Destiny, stern founders of a new civilization, they recog-

nize in woman only an important and necessary factor of race production and made this function her standard of value. Secluding her in the narrow boundaries of domestic life, sheltering her, limiting her abilities, stultifying their own designs. As a result materialism superceded all the finer, higher aims and objects which prompted their efforts, commercialism in the form of human slavery laid its black hands upon the heart of the nation. When human hearts cried out in agony and human bodies bled at the blow of the lash Nature reasserted herself, called out of the seclusion of a home the one woman whose pen was destined to wield a power which brought a nation to its knees in an agony of fear and shame. Then came the day of Retribution and the day of Reconstruction and Adjustment in which the higher qualities of woman were called into action and through which woman found her place in the business world. In those days of reconstruction emigration was invited and there came to our shores the best blood and brawn of western Europe who, realizing the possibilities of this country, entered at once into harmonious relation with its people, fostered the interests of the whole people, became important and desirable factors in national life.

Without intelligent administration all liberty is abused and too often is misconstrued into license. The too generous American forgot the purpose of his efforts—the upbuilding of a higher civilization, a nobler race, sacrificed again as man has ever sacrificed that for which he was destined to that which was of material benefit of the hour.

Commercialism again sits in the Seat of Power and

we have commercialized religion, commercialized law, commercialized medical profession, commercialized man and commercialized woman. For man, swayed by the passion and lust for gain, uses every means of his command to obtain it, and in the importation of the lowest type of European and Oriental human production has found a means of self-aggrandizement and individual accumulation regardless of its effects upon others. As a result our country is overrun today with the products of inferior races who have neither interest in the up-building of a higher civilization nor a comprehension of our design. Reaching our ports of entry without means of further transportation or knowledge of localities they colonize in our metropolises, live under conditions which are impossible to the American citizen, and compete with him in his efforts to obtain respectable methods of living. Race deterioration and demoralization must follow. Our charitable and criminal institutions become filled with the alien pauper, the alien criminal, the alien defective and demented. In the city of New York over \$13,000,000. are spent yearly in charity and ninety percent of its beneficiaries are of alien birth. Out of twelve hundred and fifty inmates of one state prison ten hundred and fifty are of alien birth. Seventy-five percent of the offenders tried in our inferior courts are of alien birth or of the first generation born in this country. This is not intended as a reflection upon other nations but to show that the class of people now emigrating are no longer the class of intelligent, vigorous and desirable men and women of twenty years ago, and that while they may be needed they should be admitted under restrictions which guarantee good cit-

izenship. As a matter of fact, they are admitted as competitors of American labor and as a means of forcing labor to its lowest limit while prices soar higher and higher.

As the most highly civilized nation of the world, we should protect,—it is our duty to protect ourselves from deterioration. If emigration is resumed after the carnage of Europe is ended, we must see that it is not an injury to us. If, instead of spending \$13,000,000 in the support of indigent aliens, we spent it in the establishment in our ports of entry or schools of instruction in our laws and methods of living and compelled the attendance of every emigrant for a certain length of time. If we were to prohibit colonization through the establishment of bureaus of distribution by which the emigrant might be sent to places where his labor is really needed, it might be possible that the coming emigrants will not prove injurious to our national upbuilding.

As Mazdaznan we recognize that in the blending of inferior races evolution is retarded and an inter-manifestation is produced. In the upbuilding of a higher race, a transparent race, the highest types of reproduction is necessary. As Americans we are the culmination of the white race, and in our veins flows the blood of all preceding races unto perfection. Quicker, keener, larger of vision, devoid of the wiliness, the intrigue, the seductiveness, which were the characteristics of the preceding races, generous, sympathetic, self-reliant, optimistic, inventive, ingenious, having faith in our ability to overcome all obstacles in the path of progress, we have allowed our sympathies to get the better of our judgment. That this land of ours is big enough to support all the nations of the earth is no argument for the admission of those who come only to prey upon us regardless of the rights of its citizens. The Mazdaznan Philosophy is big enough in its provision to include all, but only those are received into its fold who show at least an attempt to abide by its principles.



Thousands in this country have entered the Mazdaznan Movement seeking personal advantages, business opportunities, who have neither profited by its teachings nor compelled recognition of its worth by the outside world. Instead they have only retarded the progress of those in whose hands the redemption of the earth is placed. Under such circumstances even Mazdaznan is sometimes called upon to protect itself from the invasion and control of those who have no place or part in its development. Progression and evolution calls for a weeding out of all that is deleterious to the upward trend. Had we as a nation recognized the demands of evolution and protected ourselves by enlightened methods from the depredation of the unscrupulous, ignorant and demoralized we should be a long way farther on in the perfection of the collectivity and the entity, while Europe would not be bathed in blood but would have found for itself the laws of harmonious relation and established economic conditions which would make the consumption of her products equal to her productive capacity, and there would be established a blending of interests throughout the world.

Under the Universal Law there is no such thing as over-production. Nature never produces more than is necessary for the sustenance of animate life, the necessary amount for reproduction and for fertilization of the earth. When nations enter into warfare as a means of trade expansion, it is a sure proof that the laboring classes are restricted through taxation and wage slavery below the limit of natural consumption. We should understand that the multiplicities of invention and production throughout all time can only satisfy the requirements as the higher civilization consummate with that time.

Quality, not quantity, applies to all things in nature, even to the human race, and no one recognizes this so keenly as does Mazdaznan. To shield ourselves from the parasite is our duty for Mazdaznan teaches that the parasite is the counter-creation of adverse conditions.

(TO BE CONTINUED IN DECEMBER ISSUE)

Organized from Eternity

Established into Eternity

# M a z - d a z - n a n

GOOD THOUGHT,      GOOD WORD,  
GOOD DEED.

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## BE OF GOOD CHEER!

---

Within is my Teacher,  
My Guide and my Friend.  
O Mazda, I thank Thee  
For all Thou doest send.  
I ask for protection;  
Do keep me from fear.  
Thy help I'm receiving;  
I'll Be of Good Cheer.

With pleasure and gladness  
I'll do all my work;  
With God's Peace in my heart  
No task can I shirk.  
I'll radiate sunshine  
Thruout the whole year  
By keeping God's counsel,  
I'll Be of Good Cheer.

With Breath ever conscious,  
My Will growing strong,  
There is no regretting  
'Tho things may seem wrong.  
I'll make every effort,  
My Master to hear,  
And follow His leading—  
I'll be of Good Cheer.

—*Gloria Bryan.*

## SEASON HINTS

---

**T**HE farther north from the Equator we travel the more winterly the garment of nature; the farther south of the Equator it is summerly.

---

**L**IVE up to the seasons and the products of your climate holds good everywhere and at all times.

---

**A**S long as we discover organic deficiencies it is perfectly proper that we live on foreign products in a smaller degree at least and thus avoid the use of medicines.

---

**D**ISINFECTANTS and lubricants are no more medicines than are soaps and borax to cleanse the skin with. Even animals lick salt and nibble at herbs when they are in need of a tonic.

---

**I**T is well to keep the simpler forms of natural oils and herbs in one's medicine chest, not only to fall back on it in cases of emergency but to use them frequently.

---

**W**ASHING and brushing the teeth right after each meal and swabbing one's mouth and throat is a very good habit. Still, we are not to forget that gormandizing will turn the best of virtues foul.

**B**AKED fruits and vegetables of diverse kinds are now in order. On a cool night a vegetable stew will prove delicious.

---

**T**HE cattlemen have discovered that the better the housing of cattle the less feed is required to keep them warm. Why not try it in our own cases and see if we can't prove it.

---

**I**T has furthermore developed that cattle feeding continuously grow sinews and not healthy flesh tissues. Perhaps that is the trouble with most of our gormandizers that they are not holding their own on the market.

---

**T**AKING a thimbleful of bitter herbs in the form of a cordial or strong tea goes a long way in keeping up good circulation and regulating one's temperature.

---

**W**HERE cheese is craved it is best to select highly fermented brands like Fromage de bris, Camembert, Sierra and Limburger. To derive direct benefit use in quantities not more than a tablespoonful. Pour over it an equal quantity of champagne cider or lemon juice. Eat with hard tack. A salad goes well with it. Let this suffice you for a meal. More than enough breaks the charms and proves detrimental.

**H**AVE you ever tried to put into a closed vessel a head of lettuce or a head of cabbage and then set it in a moderate oven to slowly bake in its own juice? Try it. A little piece of butter or oil will add to the flavor. Eaten with mayonnaise or a lemonated dressing will prove wholesome.

---

**M**ANY wholesome dishes calculated to invigorate the system and induce assimilation are abused owing to the large quantity consumed.

---

**F**OR general debility and a run down condition make it a point to take a ten-day diet on juice of Pomegranates. Return to a slim fare for a week, then take up the Pomegranate treatment again.

---

**F**OR a clear complexion take three tablespoonfuls of fresh bran, mixed with one grated apple and half a cupful of sweet cream for your first meal of the day. Eat slowly and masticate well.

---

**N**EVER get too near a fireplace or a radiator. If you feel chilled in the well-warmed house then it is because the air is stagnant. Open the windows and let a draft pass through the house or the room. As the room warms up you will notice the difference.



## Advent

---

FROM time immemorial the better class and higher minded of men were convinced, through experiences gained that it is well to be prepared to meet the expected. Whether this applied to the physical or spiritual plane of their nature they held to preparations in advance. Whether astrologically, astronomically or psychologically inclined, one and all held that an object expected or longed for invited consideration, contemplation, meditation and concentration. The degree of exercising the foregoing stages determined the joy and amount of expectation.

Looking foreward, as the faithful have, toward the coming of One who might point out to them the better way unto Truth and Life, their hopes have been fulfilled. The hope of Count Tolstoi and his disciples for "the man from the North" has been fulfilled and he holds Europe in his grasp. The advent of Pacificists is that of looking forward toward a materialization of Peace, not in the form of a man or that of a nation but that in the amalgamation of all the Nations into a "Federation of Nations."

*Thy Kingdom come;  
Thy Will be done on earth  
As it is in heaven.*

## The Logical Way

---

THERE is more than one way to a destination. Such is being conceded by the wise as well as the unwise. As to a logical, a safe, sure and quickest way is left for the wise, the experienced, the better informed, to determine. As time advances we readily recognize the folly of the past and pay attention to the teachings that evolve from living demonstrations. Whatever the plane under consideration, whatever the need, we must admit that better understanding of things in general is by far more valuable than all the encyclopædic knowledge of things. "One single demonstration is by far mightier than a thousand arguments", has been recognized the world over. It is demonstration then, it is proof we ask and look for. Anything that stands the test of time under any and every condition will arrest the attention of the true thinker and one whose desire it is to understand life and nature better. We all have knowledge of many things and possess information upon some things but as to their tangibility it remains to be seen. When put to the test we find we thought we knew but we did not. Although skeptical by nature we readily accept that which corresponds to our weaker side. Thus a critical person is all ears to criticism, a gossip ready to add to his

linguistic renown, a slanderer anxious to give vent to his malice and many more vices even the wisest man has to guard against. Once the weak spot in us is touched to our satisfaction we readily listen to or witness the structure of imagination now rising before us. When we are our better self again we wonder how all this chaff of mental wanderings entered our brain. Still, unable to account for it, we keep engaged in such mental waves until even the grossest idiosyncrasies grow to be real. How necessary it is to disillusion oneself and dismiss from one's mind anything not in accord with one's character, business and social relation.

There is only one way for us whereby we may be protected. It is the way our Savior points out: "Be quick to listen, slow to speak and slower still to act." Those who can be quickly carried away, readily express an opinion before they know for themselves whereof they speak; quick to condemn or quick to act, however well intended, expose their weakness of heart and mind and they need to learn self-control, self-reliance and self-respect.

All our moral and ethical codes, and all our pleadings or appeals to the better and higher nature in man will avail us nothing, if that man is not strong enough to guard his character; not enlightened enough to feel his way; not well enough to command his physical and mental strength. He must then, above all

things, seek health for salvation lies in his health—health of body and mind. For this reason our Savior, and all the Saviors, have gone before to point the way whereby salvation unto health may be found. Once this body becomes reclaimed, so that instead of serving authorities and authoritative institutions it shall serve God, salvation to the earth shall come, while mankind shall glory in its final redemption. Then there shall be Peace on earth as proclaimed from every altar, rostrum and home during Christmas season. May this day not only be the advent unto the expected Kingdom but be it the day of salvation unto all nations. For in consideration of the present cataclysm every honest heart goes out to all the nations composed of members of the twelve tribes of the Aryan white race, in the hope that the day of emancipation may be hastened and out of misunderstanding mutual understanding may be born, leading the intellectual armies into the haven of Peace. Then shall man's efforts prove a blessing to the earth, while angels again shall sound the message of old:

“Glory to God in the Highest,  
Peace on Earth,  
Good Will to man.”

## Lover's Lane

---

THE church holds that there can be no quality without quantity. Wonder who the quality is? We all seem to know where the quantity is.

---

INSTEAD of prohibiting imbeciles from getting married why not prepare them for the ministry.

---

ECCLESIASTS should not talk Eugenics before they have investigated their own case.

---

IT is not right that a sacred call of nature should be reduced to a commercial act.

---

THE antiquated song, "Old Folks at Home", is becoming quite popular in Europe.

---

ALL the melodies marked "German Air" are to be discarded from Anglican songbooks. Is it because the air is thick with airships and gas that one becomes asphyxiated with *hot air*?

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"A NEW Commandment I give unto you: that ye have *love* for one another." That is what the Savior commanded; that is what Jesus said; what Christ gave as His last will; what Christianity and Pacificists alone adhere to.

## Hot Water and Cold Compresses

THE profession has long recognized the efficacy of hot water and cold compresses and quite a good many prescribe it but in most cases even that advice is disregarded. Timidity on the part of the patient on the one hand and inconveniences or inattention on the other hand are often the cause to neglect, inviting prescriptions which fail to produce the desired effect. In most cases a malady, whether acute or chronic, can be quickly checked, that is arrested, its progress halted, if a patient were to be given a *quick hot bath* and an immediate cold pack, with plenty of hot mild lemonades or teas to be taken internally and plenty of clean coverings to induce heavy perspiration. Sufferers from chronic troubles should take such a treatment every five to ten days and until the malady is conquered. Care should be taken not to mix foods nor to eat stale foods, particularly paper bag and tin can goods. Procure everything fresh and only eat enough to still your hunger. Use no salts or condiments, spices or aromatics with your dishes, but take a teaspoonful of lemon juice after a meal of which you think you ate rather heartily. The lemon should be baked. In some cases the lemon juice may



be salted to taste. Avoid drinking clear water. Better use it in the form of an herb tea, bran tea, bouillon or lemonade.

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## Little Journeys

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CHRISTMAS is upon us but the words of the angels singing: "Glory be to God on high; on earth Peace, good will to man", is being drowned with the noise of cannons.

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CRITICS of Tolstoi's vision are realizing that the prophecy of this great and wonderful man was not a pipe-dream.

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"AND I saw *all* of Europe in flames."

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THIS is our second War Christmas. "Oh, how long, O Lord, how long!"

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IF we really believed in "He who taketh away the sins of the world" how would we dare to take it upon ourselves to "fight for Peace?"

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"SIN has come into the world by man and through man it must be removed"; such is the proclamation of scripture. This being true God cannot help us in this; we just have to carry the full burden.

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IT is this blasphemous inconsistency of confession and our customs that bring on illusion, delusion and chaos.

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IT is well to *trust* but we must not *entrust* our lives, neither our affairs to others.

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THE new version in the scripture should read: "They praise *me* with their *lips* but their *hearts* are on the *battlefield*."

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"LEAD us not into temptation, but deliver us from evil." Such are the words uttered by the chaplains daily upon the battlefields.

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EVERYONE who believes in war should without delay enter into service to prove the truth of his convictions.

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ONCE the destructive genius becomes exhausted he will have to turn the other way.

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THE year closes with a drama unfinished, and the promise to continue like a Chinese play that allows no change in time or program as it must remain true to the execution of events.

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IN the presence of innumerable graves on the battlefield:— "What shall the harvest be?"

## Selection of Food

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**R**IGHT selection of food is indeed a problem with many who still cater to appetite rather than healthy hunger. For no matter how small our habits and special likes, to the extent indulged in dishes not calculated to meet our demands or necessary to our well-being, we shall have to take the consequences when the measure of iniquities has reached a certain point where nature refuses to perform its work of protection. One may be endowed with exceptional protective measures, still even in the best of us a rebellion is apt to break out and there is no telling as to its culmination. True, even the best of us, however careful in their selection, are apt to experience a sudden collapse, but such is not serious; it is due to an irritation induced by outer forces, and easily subdued through a little fast.

It is well to have a few simple rules and adhere to them strictly, since they do not demand any deprivations or ask for denials.

**FIRST** of all it is necessary that we observe the seasons and confine ourselves largely to them and their immediate output.

**SECOND**, that we consider our temperament and to the extent that such a temperament is normal and according to the spirit of the times we select our foods.

**THIRD**, that we start our *first* meal of the

day with eliminating dishes which are calculated to cleanse and purify the system. The *second* meal should be of dishes that are appetizing, toning and invigorating; but do not crowd the stomach. The *third* meal should be relished and thus be a real dinner, administering salads, stewed, fried and baked dishes of a variety most conducive to digestion and assimilation. After the dinner there should be innocent games, visits, parties, floor exercises, operas, entertainments, performances or jolly-rides, all of course within bounds of good judgment.

Many temperaments do not take kindly to fruits for breakfast. In that case they will find that *fruit juices* will agree with them very well, especially if started with small quantities. A small cup of cream-coffee, tea or cocoa, thereafter a shredded cereal will fill the bill completely.

As to lunch, there are many who cannot partake of various salad stuffs. In that case select but one vegetable and using it with olive oil, lemon juice and paprika, adding a slice of toast, will soon prove the very food your temperament has wished for. It is better to leave the table hungry after a mouthful of proper food than to give way to an appetite, which when appeased, brings on distress, melancholia, sallow appearance, blurred eyes and ill temper at the slightest provocation.

As to the dinner, an almost endless variety

of dishes will be found so that within a course of time quite a number of menus can be arranged, hardly using the same dish twice.

A salad should of course constitute the first dish unless it be a consomme, bouillon or soup in which case the salad is left to go over to the last. But dyspeptics and rheumatics should not indulge in soups of any kind. A complete dinner should have a stewed, fried or broiled and one baked dish at least, to answer the various demands by a highly organized cellular body. But all such dishes should be small and only enough to tickle the palate. Any dish not conducive to one's taste should not be indulged in at the time and if in bad humor it is always best to abstain from food and rather take a hot bath instead, partaking of a cup of tea later in the evening and defer further feeding until one finds himself in a joyous strain.

# Christmas

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FROM the remote past up to the present, the Christianized world has celebrated Christmas as the Birthday of Jesus the Christ, commemorating this priceless gift of God by instituting the custom of gift-making. Grand, beautiful and sublime has been the laud ascribed to the Savior Child—the Babe of Bethlehem. Countless thousands bend adoringly before the Holy Shrine to do homage to the Royal, Kingly born. Shepherds, keeping watch, beheld the glory of the Lord, while a multitude of the heavenly hosts were heard praising God, proclaiming: “Glory to God in the highest, on earth, peace; good will to man.”

Mary, Princess of the House of David, arrayed in her robe of royal-virgin blue, emblem of purity and royalty, presents to the world its Savior. “Ye shall find Him wrapped in swaddling clothes”, say the Scriptures. Thus prophecy is fulfilled. “The people who walk in darkness have seen a great light”; even the light of the world. This Savior Child is to be the Great Light-bearer. He is called “the candlestick of the Lord,” and “the Pattern of the Lord.” The Legends say that He was called “the Lord’s Candlestick” because Mary prayed constantly that He might become a great Light of the world.



The greatest gift of life is *life* and naturally arises, what are we doing with life's golden heritage, since God gave to this world "His only begotten Son" as a beneficent gift for the world's uplift.

Jesus, the Manifestation of God on earth—the Pattern of God—how significant those words, "Pattern of God", a pattern being an exact facsimile of that which it represents. To follow the *pattern* then is the duty of God's children.

"And for this cause was Christ manifested, that He might destroy the works of the devil." The devil has deluded mankind with all sorts of ideas of a suggestive nature, bound man with creeds and dogmas, enchained him with authorities and authoritative institutions, caused him to worship the golden calf of mammon, giving spiritual interpretations of the material with allegorical meanings, while he draws the spiritual down into the realm of the material, trying to prove that black is white and vice versa, calling into controversy scriptures and sayings of wise men and wise women, to prove his promise until if possible, he would deceive the very "Elect of God."

May the Associates of Mazda continue their laud and adoration of the Blessed Christ Child until out of the manger of our hearts of flesh He be reborn—"my Lord, my Savior", imparting to everybody the sweet and sacred joys of holy Christmas!

# The British Mazdaznan Association

By Rev. Gilman Beeler

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**H**AVING volunteered to arrange for the reintroduction of the Mazdaznan Movement in England, Brothers Curtis O. Philips and Clemens Pfuetzner arrived in London from America on July twenty-first, nineteen hundred eleven. Preliminary meetings were held and arrangements made for our Mazdaznan Master, the Rev. Otoman Zar-Adusht Hanish to conduct a series of public lectures at Æolian Hall in New Bond Street during a short visit to London while returning from the Mazdaznan Gahanbar which had been held at Leipzig. These meetings were conducted by the Master from August twenty-seventh until his departure for America on September seventh. The spacious hall was filled with hundreds of people, and the attendance and enthusiasm grew with each meeting. A few days after his departure, headquarters were established at eighty-six Seymour Street, West, and classes in the Mazdaznan Philosophy and Health and Breath Culture were energetically conducted. On December fifteenth Mr. Philips returned to America, Mr. Pfuetzner remaining in charge of the work that had been established. After several months more of enthusiastic and unselfish labor Mr. Pfuetzner considered his personal duty accomplished and sent an urgent request to Dr. Hanish to be reappointed to his former work in America. He remained

actively at his post until relieved, and returned to America June first, nineteen hundred twelve. Both Mr. Pfuetzner and Mr. Philips have the sincere personal friendship of their London pupils and British Mazdaznan esteem them highly for their accomplishments in this city.

While conducting the meetings of the Mazdaznan Center in Seattle, Washington, Dr. Hanish wrote me, enclosing Mr. Pfuetzner's letter asking to be relieved, and requested me to go to London. On May eighth, nineteen hundred twelve the Master sent me an official appointment as Mazdaznan Ambassador to England and I arrived in London on May twenty-ninth in company with Mr. Philips, who was on a business trip to the Continent. Public classes were instituted on June fifth and several meetings a week have continued regularly since that time. In July Mother Elizabeth H. Ingraham arrived from Denver and has since been actively associated with the promotion of the Mazdaznan Movement in this country. To promote the development and union of the Mazdaznan work in the United Kingdom, The British Mazdaznan Association was organized on December twenty-seventh, nineteen hundred twelve, with a Board of Trustees appointed by Dr. Hanish. The present officers of the Association are as follows:

Rev. Otoman Zar-Adusht Hanish, M. D., Viceroy  
Elector and International President;  
Rev. Gilman Beeler, Ambassador and National President;  
Dr. Percy Hall-Smith, M. A., M. D., B. C. (Cantab.),  
Vice-President;  
Mr. Edward A Borel, Secretary;

Mrs. Rose B. Spicknall, Treasurer;  
Mr. Arthur B. Hawkes, L. D. S. Eng., Recorder;  
Mrs. Elisabeth H. Ingraham, President of the Glasgow and Edinburgh Mazdaznan Societies.

On May first, nineteen hundred thirteen, Miss Gertrude Reynolds, formerly of Seattle, Washington, and I were quietly married in London, thus making it possible for us to work together for the promotion of the Mazdaznan Message, which means so much to us both. It is indicative of the idealism and practicability of the Mazdaznan teachings that five married couples are represented on our Advisory Council, both husbands and wives being equally interested and active in their efforts to spread the knowledge of Masdasnan.

In nineteen hundred thirteen it was found that the rooms at eighty-six Seymour Street, W., were too small to accomodate all the classes and therefore the majority of meetings were conducted at Caxton Hall, Westminster, S. W. In September, nineteen hundred fourteen, on the expiration of the lease of the premises at eighty-six Seymour Street, W., arrangements were made to remove the headquarters of the Association to the Hampstead Conservatoire, sixty-two Eton Avenue, N. W., at which place meetings have been conducted regularly since that time. Owing to the large area of London, two different centers are required to meet the growing demand for classes, and public meetings on week days and Sundays are being couducted both at sixty-two Eton Avenue, N. W., and at two The Boulevard, High Road, Balham, S. W. This arrangement has continued with most satisfactory results since April fourth of this year.

In the Summer of nineteen hundred fourteen Mother Elizabeth H. Ingraham was appointed to represent the Association in Glasgow, and she instituted public classes in that city on September twenty-second. These classes were so successful that the Glasgow Mazdaznan Society was organized on December twenty-seventh last. In March of this year Mrs. Beeler and I had the pleasure of a fortnight's visit in Glasgow and Edinburgh. The meetings conducted at this time resulted in the formation of the Edinburgh Mazdaznan Society and put many new people in touch with the Glasgow Society. Mother Elizabeth continues to spread the Message in both cities with most excellent results.

Since May, nineteen hundred twelve, thousands of copies of the Mazdaznan Declaration, Confession and Affirmation, and many other free pamphlets have been distributed gratis to interested people. British editions of five hundred copies of Mazdaznan Health and Breath Culture (two hundred eighteen pages) and fifteen hundred copies of Mazdaznan Dietetics and Cookery Book (three hundred forty-five pages) have also been published to meet the growing demands of our students and the professional classes in general. Also a thousand copies of the Mazdaznan Life of Christ have been published in completed serial form in the British Mazdaznan Magazine, and the simple truth of this historical narrative has made a direct and powerful appeal to many who are no longer satisfied with modern theological interpretations. Besides the above literature, hundreds of copies of several booklets have been printed to answer the enquiries of new students. One result of our work in this direction, combined with the classes and

meetings that have been held, has been to interest people in every part of England, Wales, Scotland and Ireland, and many foreign countries as well. Several thousand persons have requested information about Mazdaznan and to all has been pointed out the Way to Truth and life.

Public devotional services with lectures on the Mazdaznan Religion and Philosophy are conducted every Sunday throughout the year, and these have continued without interruption since August, nineteen hundred eleven. One night a week is always used for a Members' meeting. Several public courses of lectures on Mazdaznan Health and Breath Culture, Dietetics, Egyptian Postures, and so forth, are conducted every year. These courses are ten to twelve weeks in duration. Private courses in Inner Studies, Harmony and Healing are conducted for advanced students according to requirements.

Each year The British Mazdaznan Association increases the scope of its operations and the number of its adherents. If the war has brought new difficulties it has also brought new opportunities, for our greatest progress has been since the war began. Our students and members are found among all classes and conditions of life and include a large number of progressive business men, physicians and students, graduates and professors of Oxford, Cambridge and other universities; in short, thinkers who have been searching for a scientific system of living, which would result in physical, moral and mental regeneration. To earnest and determined *workers* the purity, simplicity and completeness of the Mazdaznan Teachings in thought, word and deed



reveal the one perfect way of living to redeem the past and make the most of present opportunities unto the realization of their desires. Old ideas and authoritative institutions are fast being swept away and people are beginning to realize that nothing less than a return to First Principles of God and Nature, as taught by Mazdaznan, can suffice to build up individual character and a civilization that will be able to subsist amidst the disintegration of old conditions and the institution of a new and better order of things.

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## GEORGE WINFIELD HILTON, M. D.

WEDNESDAY, OCTOBER 27, 1915, 10:30 P. M.

As the appointed hour of prayer drew near, at his bedside gathered Mother Maria, Eugene, Lydia, Beda, Kenneth and the Master for whom Pa Hilton has waited to receive the last rights. Gently, slowly and rhythmically the Breath guided the Spirit across the Khinvat, while the worshipers sang softly: "Yatha Ahu Vairyo." When asked whom he loved best, the Doctor answered; "The Lord Mazda and all who love Him." The Doctor wished to be remembered, living in the hearts and minds of his kind and kin. Said, he would be the guiding wings to Mother and a comforter to the loved ones. "Sorrow not; I am with you."

Cremation took place Saturday, October 30, 1915, at 2:30 P. M., in Boston. Dr. Hilton was born at South Parsonsfield, Maine, August 9, 1839.

Passed is the harvest and home goes the reaper,  
Leaving the fields that in springtime were sown;  
Thus I would climb to an altitude sweeter  
And—be remembered by what I have done.

# Socialization and Adjustment

BY DR. ALICE WOODBRIDGE, OF NEW YORK.

Delivered at Mid-summer Gahanbar, San Francisco, Cal.

## PART III.

**W**HAT, Mazdaznan as we are, is our duty to ourselves and to this our Land of Promise, our Land of Fulfilling?

First, to send out constructive thought along every line of radiation.

Second, to advocate the application of our great constitutional laws which are now submerged in the petty and one sided man-manipulated penal code and government-by-injunction proceedings of our courts.

Third, to advocate the enactment of eugenic laws recognizing that quality, not quantity applies to producers of the human as well as to the producer of the horse, and that no defective or diseased man is fit to become the father of a family. This will prove to be the only method of curing infectious disease. Commercialized woman has long been subjected to strict sanitary investigation and supervision. In our New York City correctional and charitable institutions and in other cities also I believe all women are subjected to a blood test for infectious disease but this test is not applied to men. When I asked why, the physician in charge said, "O, you know women may become mothers." But I persisted, "May not men become fathers?" "O yes, but you see men will not submit. Men are political factors." As political factors then men are

neither amenable to sanitary code or to moral responsibility in race production. The Universal Law is based on moral responsibility. The man-made law is based on a double standard of moral. The New York State Legislature has during its past session enacted a law providing that all women and girls charged with immoral conduct, loitering, violation of tenement house law, and vagrancy shall after the second arrest on any one of these charges be committed to the work house for a term not to exceed two years. As the majority of these women are the victims of the officer in plain clothes sent out nightly to arrest this class and as the unfortunate woman is not allowed witnesses but is convicted solely upon the testimony of the officer whose word *under the law needs no corroboration*. The injustice of this act is evident, and strongly evident when one learns that it plainly makes its provisions apply to *women only* and that such women are to be kept under medical supervision.

Fourth, to advocate a single standard of morals for both sexes realizing that as no pure thought can come through unclean channels, neither can a pure race, a transparent race be produced by unclean men.

Fifth, the political enfranchisement of woman recognizing the duality of interest in all forms of government, the necessity for the female procreative as well as the male creative principle in the production of a perfect government as well as of a perfect human.

In those states in which political freedom has been granted to woman the old arguments used against woman's admission into political life have not held good. The protest against the ignorant and bad woman and

the church ridden woman has proven ridiculous. Men vote in the state of New York who do not know if they are voting for a king or a district attorney. There are hundreds of men who take out naturalization papers in the state of New York for the sake of obtaining semi-political jobs under city contracts and who take this money and go home to Italy every Fall, returning in March or April to live under conditions impossible to the bonafide American and compete with him in the Labor market. Bad women can do no more crooked act than this. Out of 3,000,000 females in the city of New York 50,000 are said to be immoral. Out of 3,000,000 males are there 50,000 moral? Only the medical profession can answer this and they say No! I have come into personal contact with thousands of immoral women, starved creatures, victims of man's passion for gain or lust, the well-fed clandestine, victim perhaps of her base, but I have never found one who would not vote for a single standard of morals and for laws that will make living wages possible. The minimum wage law of New York had no stronger advocates than the woman of the street. To you the enfranchised women of California and the West, we of the East look with interest and admiration. Your record as political factors is a credit to you and to all women.

Emerson says that a Law represents the highest standard of ideals which the average human mind is capable of comprehending. All laws are failures in which the idealistic has no part. The lopsided man-made laws presuppose transgression and provide penalty of subjugation. They are the subconscious ac-

knowledge of his own transgression. The ideals of woman are socialization and adjustment. To uplift, to harmonize, to beautify, to direct, to adjust.

Sixth, National Assurance of Child development and maintenance for the Aged.

Three factors enter into the consideration of all ideal governments—the welfare of the Child, the Adult and the Aged. For the first, the Child, or perpetuative principle, small thought has been given until within the last few years. It was my privilege to secure the introduction of the first child labor laws in this Country and in a six years contest against organized millions to win out. Two hundred and fifty thousand dollars were said to have been spent by organized capital in one session of the Legislature to defeat this measure. To-day the movement has become popular and it is a fad to be interested in child welfare, while laws often absurd and which will eventually act against instead of in the interest of women and children, are too often in-acted. The child labor laws are still abused; the average alien recognizing his children only as contributors to the family income, and in our city, children of tender years still work in our sweat shops and always will as long as colonization is permitted. To insure parental responsibility not only should eugenic laws be enforced but engenic should be taught in our schools.

As its future pillars the State should have supervisory powers over the child; Its health, development, education and industrial training should be insured. For this purpose an Educational Insurance fund, under State supervision and contributed to in small weekly payments by the parents during the school age of the

child, should be established. Out of this a sum sufficient for the support of the child during the school year may be paid. This may at first seem a hardship upon the parents but when we consider that even the poorest families begin in infancy to pay 5c a week on each child for a death benefit, how much more sensible would it be to pay this amount into a life benefit. Under such a plan the State should be relieved of its burden of its child institutions and the sum now spent in the support of these can, if necessary, be paid into a general fund for educational insurance.

**Opportunities for the Adult**—It is a known fact that opportunities for the adult even under fifty years of age grow scarcer yearly. At the same time government positions of trust are filled with young men whose inexperience unfits them for such responsibilities. Patriotism and the honor conferred should be the motive of tenure of office.

**Opportunities, how may they be opened to the adult?** First—By Government assumption of control of Common carriers as fast as railroad contracts expire, or when such railroads fail to meet the requirements of contracts. Through the corporate ownership of Common carriers the cost of living and opportunities of employment are enhanced and reduced respectively.

During the days of our Civil War when Congress and the Administration were distraught with anxiety as to its issues, the first Trans-Continental Railroad Bill was enacted, giving not only the Right of Way across the continent for 40 years, but a tract of land 20 miles wide on each side of the tracks for its entire length to the Contract Company. Later other railroads



were built demanding even greater territorial acquisitions. Thus our most fertile land was ruthlessly turned over to corporate interests.

Not only should the government own the railroad but it should own the land, and lease it for such periods, to such lessees as may properly develop it, and all leases should expire when the lessee fails to keep his contract. These land leases would not only pay the expenses of government but place all government positions above the necessary dishonest methods. Through *government ownership of land* and Common Carriers new fields of industry would be opened. Manufacturing interest would seek the country and the condensation of population in our large cities would be eliminated.

During the years of life in which the earning capacity of an individual is at its highest, provisions for old age should be made compulsory through a form of State Insurance. All citizens between the ages of 18 and 53 years should pay a small weekly amount into an Insurance fund from which after the age of 53 they should receive a sufficient amount to insure them from dependence. If it is found that the amount contributed is not equal to the demand, the surplus earnings of Common carriers should be devoted to this purpose.

There is no doubt that criminal tendencies are developed and induced through the inability of the ignorant youth to cope with the requirements of business life and through a constant fear of want in old age, and were these two obstacles removed many of the offenses against society would be eliminated. Already in our large cities public officers are pensioned from a fund to which they contribute, but which is acquired largely

through indirect taxation. These are the best paid of our toilers. They are through Civil service assured of positions during their years of activity, while the mechanic, the laborer and the farmer, who contribute equally to national prosperity, are indeed its brain and sinew, are employed less than half the working year and must look forward to an old age of want and dependence.

Mazdaznan should use every means at its command to demonstrate the superiority of vegetarian diet, and to secure laws prohibiting the transportation of cattle on the hoof. The medical profession even of the old school are wakening to the poisonous effect of animal foods. In dining recently with a prominent New York physician who is constantly before the public eye, he said: "I am glad to see you are a vegetarian; I rarely eat meat myself; I believe it is a rank poison."

Mazdaznan declares its ability to keep abreast of the Spirit of the Times. It should then be the advocate of all progressive thought. No doubt that the constructive thought which is the inspiration of this day and age originated in the mind of our Messenger and Master.

There are those who will say that this paper is pure Collectivism. So it is; it is co-operation upon the highest principle. It is co-operation based upon that Universal law which began with the first radiations of constructive thought.

Mazdaznan is purely scientific. Socialization and adjustment can only be accomplished through scientific methods. There is no higher or better way to Universal uplift than through the simple law of expansion and contraction, conduction and induction, give and receive. Its principle the common good; its axiom: an

injury to one is the concern of all.

How often we lift up hands and cry "O God where art Thou, what is Thy purpose; why am I placed here to endure the malice, the petty jealousy, the scorn of those who have no place or part in my existence; the pain and agony of my own physical being?" And above us bends a steel blue dome, cold, silent, irresponsible. Like flies under a glass, we crawl around and around, up and down, seeking the answer to our question, emancipation from our prison and always return to our starting-point; and in despair collapse, helpless, resigned. And through that resignation comes the answer: "Seek not without; within thine own self lies the solution of thy problem. Thou art based upon the Universal law that the inspiration of all life comes from within. Within the narrow sphere of thy existence, thou must create thine own means of manifestation and redemption. In the Inner chamber of thy Material manifestation dwells the Spirit of all life, which it is thine to foster through the dynamic action of thy magnetic and electric radiations unto perfection. Respond unto its call. Anoint its mechanism with the oil of gladness; send out thy best and receive the evolution of that best in its return to thee, so shalt thou grow, develop, until the largeness of thy vision and thy power shall burst the bonds which imprison thee; scatter the wall of thine own crystalization of doubt and fear, and leave thee in the broad sunlight of Eternal Truth, assure to thee, prove to thee the joy of existence."

The joy of existence—of what does it consist? "Life, Love, Song" the poet answers. Life, the inspiration unto perfection; Love, the recognition of and response to the pulsating cord of Infinite relationship in all life; Song, the grand harmony of life which ever plays upon the tiny harp of three thousand strings floating upon its little well-spring in the auditorium of our physical being. Sometimes its strain is recognized by the subconscious ear and then we are overcome by its beauty and its power.

## Table Talk.

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WITHIN the past months Our Master has been most generously bestowing his blessings upon the Associates of God, visiting the various centers East, West, South and North. Seeing him—is knowing. And the treasures of wisdom are being more readily appreciated.

FOR more than twenty years Our Master pointed out to us the fallacies of our tactics as a nation. Unlike the usual economist he taught us rather than to criticize, believing in the maxim of Zoroastrianism: "Teach the people the value of self-government and they shall be able to govern themselves." And "God loves his people and a government not just to its people must be removed" for "the servant cannot be greater than his master."

Now that the Day of Fulfillment has come Our Master no longer sounds the Voice of Warning but is busy giving Counsel to the Needy. "The Wreck itself is of no value; let us save the lives," he says.

THE Day of Reckoning has come, but the Saints of God need not fear. Simply "leave what lies behind you and reach out toward the goal before you."

SCIENCE has again made a discovery and that is that immortality, or at least longevity, may be possible through the use of foods in their natural state, and before the manufacturers have processed them.—These Scientists are either on "outs" with the "fabricants" or Mazdaznan literature has come into their hands.

IN Financial Circles there is great fear the truth of the high hand that has been played these many years, exhausting every means of stimulation, may become known before they succeed leading the golden calf into seclusion. Evidently they don't know that the better class is fast learning to direct its attention to usefulness, where "the fruits of our labor" are real wealth.

# THE VEGETARIAN MAGAZINE

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Mazdaznan

VI

January 1915

# MAZDAZNAN PRAYERS

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*Each of the following formulas to be spoken upon one exhalation three times in succession. The first time in crescendo; second in force; third in pianissimo. Concentrate on the breath and word. Repeat daily.*

## MEDITATION

Open, O thou world-sustaining Sun, the entrance unto Truth, hidden by the vase of dazzling light. Soften the radiation of thy illuminating splendors, that I may behold thy true being. From the unreal lead me on to the real and unveil the magic illusions of the phenomenal worlds that I may see the path unto realization. Amen.

## CONTEMPLATION

Remember that in body thine, a God is dwelling there; Thy Temple from pollution free let it forever be. Offend thou not thy God in thee, indulging in man's lusts. Moreover, if tormenting self thou groanest foolishly, God has descended just to see the world with eyes of thine. Then breathe on Him with senses pure, the Breath of Sacrifice. It's He in thee that sees, feels, thinks, and speaks by day and night. Be thus in all thou dost see, feel, think, speak—divinely bright.



## ASSURANCE

Our Father who art in Peace,  
Intoned be Thy name;  
Thy realm arise;  
Thy will incarnate upon the earth as in heaven.  
This day impart Thy word  
And remember not our offenses  
That we may forget those who offend us.  
Thru temptation guide us  
And from error deliver us.  
Be it so.

## RESTORATION

By the five inflections imposed upon thee, thou most holy Zarathushtra, I invoke the leaves of healing from the realms of Mazda, to instill thru the power of holy spells, patience from thy crown of thorns, thy chastised body, the nailprints of thy hands, the woundprints of thy feet and thy bleeding side, that purity may come to my heart and blood unto perfect health of the skin and the body, and thus witness as a Zoota the pure religion of Mazda.

Amen.

## Daily Regime Essential to Culture

---

PEOPLE who claim to have outgrown practices of culture, be it of one or the other phase, always remind us of that uncanny looking boisterous blasphemer who prided himself of the fact that he never prayed and yet was the first to jump into the life-saving boat when the alarm of disaster was given. It is strange indeed how some people *outgrow* instead of *growing*. How unnatural even for a moment to presume that a finished artist no longer has need of practice. In fact it is practice alone that makes perfect. Of course any practice void of interest, inspiration and love is a burden and a curse. To derive benefits from any of our practices we must enter into them with fervor, zeal and a healthy enthusiasm. For this reason we have to come in contact with others and with various temperaments so as to quicken our interest. Communion of Saints is a state absolutely necessary there where progress is to mark the life of the individual. Such communion must offer diversified practices so as to meet the demands and requirements of all concerned. Mental and physical, spiritual and divine gymnastics are characteristic of a well-conducted communion. Coming together, it is the sole purpose

of exhibiting the talents in their developments as a pupil delights his teacher through progress made. In that same sense and spirit we need to seek company of a select kind, inviting the stranger outside the gate, that he too may bask in the sunshine of our accomplishments. We must be able to let the light so shine before men that through our good works they may find the way to the Father. No means are too elementary to induce inspiration, elevation and means of perfection. Or, has the musician no longer need of the seven notes that determine the octave, now that he is able to improvise? Even in the highest realm of improviso he is still compelled to use the little notes. Without their knowledge and exercise there is no music. Better let us come together and reason upon those things, exercising our talents within the range and scope of the means at command.

---

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letters of dispute,

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the Voice of Truth;

Of creeds and of beliefs  
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It widens out the breach  
unto defeat!





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one by one appeared;  
Have lived, loved, hated===  
others have been cheered;  
A cup of life they drank,  
then into dust  
They sank and like a flash  
have disappeared.